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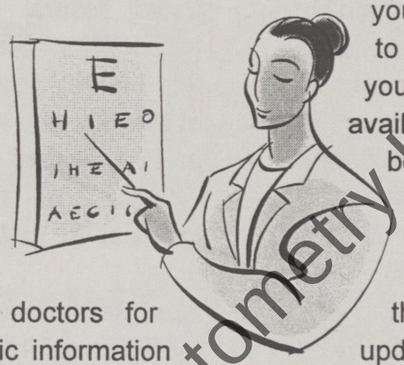
ICO Student Newsletter **January 11, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Wednesday, January 30th. The submission deadline for that newsletter will be Friday, January 25th at 5:00 p.m.!

C A M P U S N E W S

ICO Placement Program - On-Line

In order to better serve the needs and interests of our new graduates and alumni the Placement Program at the Illinois College Optometry is on-line and interactive through ICO's web-site. Through the use of this new on-line program, we are able to assist students, new graduates and alumni with locating practice opportunities and hiring new doctors for practices based on demographic information such as location, type of practice, community preference, etc. This program personalizes the Placement Program by eliminating information that is not of interest to the user, and ensures a more efficient and up-to-date opportunity base. Once individual priorities are established it is much easier to narrow the search by locating only those prospects that will appeal to the seeker and also match the needs of the doctors providing practice opportunities.



According to a survey of ICO's 2001 graduating class, when asked the question "If possible, what mode of practice would you choose to pursue after graduation", 79% answered private or group practice would be their choice. The program not only benefits our new graduates but also benefits our Alumni to fill important positions within their practices. It also assists retiring doctors with transitioning their practices, ideally to new graduates, rather than closing them. We feel it's a win-win situation for all involved. Even if you are not in your 4th year, feel free to register for the program. It will give you an idea of opportunities that are available for our new graduates and to begin the important networking process.

The program is simple to use and the information is constantly updated and supervised by the Director of Placement at ICO (Lynn Petrica). Every participant in the program has his or her own access code to enter the program to retrieve, change or update information. This program is exclusively for ICO students, new graduates and alumni and the service is free of charge to all students and alumni.

Practice opportunities for today's optometrists are more varied than ever before. By this on-line interactive program we can assist our students and alumni in finding the best positions to fit their needs or to locate the best-qualified doctors for their practices. If you are interested in participating in this program, please go to ICO's main web-site www.ico.edu., click on Placement Program, click on Seeker Sign-Up, complete the questionnaire, submit it and you will be

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notified by e-mail of the activation of your file, usually the same day or the next morning. You will then have complete access to your file at all times to change or edit your information and to search for opportunities and contact providers through the program. If you should have any questions please see Lynn Petrica in Student Affairs, call her at 312-949-7403 or e-mail her at lpetrica@eyecare.ico.edu.

Attention All ICO Students

Academic Administration -Dr. Lesher



During last month's administration of the NBEO, some of our students did not have an appropriate, NBEO approved calculator. The NBEO established new guidelines on calculators in 2000, and this information has been published in a number of forums. From the point of view of the Academic Administration, it is clearly your responsibility to comply with these guidelines. It is important to repeat that it is also the position of the College to be consistent with NBEO policy in this matter. While we are not as critical during ICO exams (examining your calculator and not allowing you into the test with out the specific NBEO approved calculator), it is again your responsibility to comply with this policy. You are professionals and we have to make some assumptions about your professional behavior. However, I have seen several calculators in use in our ICO exams, which do not comply. That along with the incidences during the December NBEO exams has prompted this gentle reminder. Here is the NBEO policy (and therefore the ICO policy) on what calculators can be used during examinations. You can use only Texas Instruments brand (TI) "30 type" calculator. You cannot use any other calculator, regardless of brand and similar capabilities. You will be required to buy or borrow one for board exams, so you should buy or borrow one now for ICO exams to get used to using it in the testing situations you will be faced with from the board. If you have any questions about this policy please see Dr. Lesher.

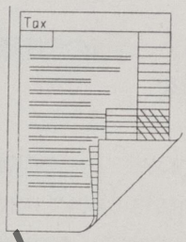
Library News

Student Class Photos

Would you like to see the student pictures from all four classes of ICO? Thanks to the I.S. and Media Production departments, the class photos are on the 25 Dell computers in the library. Go to Start - ICO Applications - Student Pictures and then pick the class that you want. Since these are PDF files you can view them using the PDF viewer. Please do not print the six pages for each class. The class photo gallery in the library lobby near the copier has been removed.

Gerald Dujsik

Income Tax Forms



For your convenience, the library is providing basic tax forms from the federal and Illinois governments. Currently we only have the basic federal forms and instructions. State forms are expected later this month. Federal forms are also available at the IRS web site: www.irs.gov. Illinois forms are available at www.revenue.state.il.us. There is also a book of federal reproducible forms at the first floor circulation desk.

New Books and Videos

by Kathryn Johnston
Information Systems Librarian

Happy New Year! We are starting off 2002 with some new books and videos.

The Library has received the Center for Disease Control's video, *Anthrax: what every clinician should know* (VTU 1395.) It can be checked out overnight for 24 hours of home use, and is stored at the media desk on the second floor.

Several of this month's highlighted books have excellent color illustrations. Among them are *Pediatric Eye Disease: Color Atlas and Synopsis*, edited by Hertle, Schaffer, and Foster (RE48.2.C5P43 2002). John Harry and Gary Mission's *Clinical ophthalmic pathology* (RE67.H375 2001) also contains numerous color photographs as it describes eye diseases and injuries. *Clinical eye atlas*

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(RE71.c55 2001), edited by Gold and Lewis, have interspersed many color photographs to illustrate the anatomy and diseases of the eye. For those who want to create their own illustrations, we have received the second edition of Saine and Tyler's *Ophthalmic photography* (TR708.S3 2002). "This book is designed to help you use photographic expertise in the pursuit of quality ophthalmic health care."

Clinical pearls in refractive care, by D. Leonard Werner and Leonard Press (RE925.P745 2002), offers case studies to illustrate how best to derive lens prescriptions. The American Academy of Ophthalmology has published a three part module "on procedures and techniques to deal with various aspects of an ophthalmic practice." They include business plans and office layouts as well equipment lists and other practical resources:

RE959.3.A251 1997 Ophthalmic dispensing.

RE959.3.A252 1997 Contact lens dispensing.

RE959.3.A253 1997 Ophthalmic dispensing resources.

Have a great 2002, and we hope to see you in the Library!

Navy Medical Program

For all of you who are trying to seek ways of paying for Optometry School – look no further. LTJG Mitchell will be on campus on Monday, January 14th between 9-12 a.m. (outside Room 1200), to tell you about the Navy Medical Service Corps and its program involving Optometrists. The U.S. Navy is offering a loan repayment program for new optometrists looking for a way to reduce dept. This program pays up to $25,000 annually in return for active duty service with a minimum commitment of three years. The Navy accepts a limited number of applicants for this program, so contact a Navy Recruiter before you graduate .

Congratulations

The following full-time students achieved superior academic performance during the Fall, 2001 quarter by earning a quarterly grade point average of 3.50 or better and/or Honors (H) in all Patient Care courses and no grade below a "B":



Adhvaryu, Reshma D.	Y4
Al-Bekai, Monzer	Y1
Albrecht, Kirsten	Y4
Alibhai, Sofiya Z.	Y1
Amundson, Erika K.	Y1
Arrants, Alison A.	Y3
Babayeva, Karina	Y2
Bachmeier, Erik S.	Y3
Bajaj, Neil K.	Y2
Baker, Joshua C.	Y1
Ball, Kelly M.	Y3
Bartimus, Christina A.	Y4
Barton, Tausha L.	Y4
Bayard, Melissa H.	Y1
Becker, Kimberly S.	Y4
Behan, Robert E.	Y4
Bellen, John P.	Y1
Birk, Marcella L.	Y4
Bloomberg, David I.	Y4
Bonilla-Warford, Nathan J.	Y2
Bosjolie, Angela L.	Y4
Bowen, Lisa M.	Y3
Brightman, Brian D.	Y4
Broschak, Mathew J	Y1
Burkhardt, Jacqueline A	Y2
Cannon, Kristin K.	Y1
Chan, Ceida P.	Y2
Chan, Elzie C.	Y4
Cheng, Emerson	Y1
Choi, Jae M.	Y4
Chu, Angela	Y1
Clemenson, Andriena F.	Y4
Colander, Brian M.	Y1
Cottle, John L.	Y2
Coward, David J.	Y2
Crouch, Nathan A.	Y2
Davids, Jill S.	Y2
Demarchi, Donald A.	Y3
Demers, Michael S.	Y2
Do, Daniel	Y4
Drew, Anthony J.	Y4
Duong, Nghi U.	Y1
Elston, Phillip R.	Y1
Erickson, Kendra D.	Y1
Falk, Gregory M.	Y4

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Fang, Michelle S.	Y4
Fatura, Derek F.	Y4
Fields, Cory A.	Y3
Francis, Lori Ann M.	Y4
Frisbie, Laura M.	Y1
Gabbard, Beth R.	Y2
Gafour, Eiman Y.	Y3
Gallagher, Maria A.	Y1
Garcia, Adriana	Y4
Garey, Jason T.	Y1
Gehrke, Robert R.	Y4
Genovese, Lisa M.	Y4
Genuario, Kristy	Y3
Glanville, Kristopher L.	Y4
Gonzalez, Rosemary A	Y1
Gross, Jessica J.	Y4
Gutierrez, Lara	Y4
Hafner, Jason M.	Y4
Hamer, Jonathan D.	Y4
Hansen, Alison D.	Y4
Healy, Beth N.	Y3
Heden, Jeffrey S.	Y4
Herbolsheimer, John R.	Y2
Hernandez, Karyn R.	Y3
Holdinghausen, Karmen M.	Y3
Holdorf, Ryan J.	Y4
Hotsenpiller, Katalin B.	Y3
Hsiue, Anne	Y4
Huang, Chien-wei J.	Y4
Huber, Gary T.	Y2
Huff, Shelley R.	Y4
Hunter, Lyndsay J.	Y1
Hunter, Megan A.	Y4
Hunter, Richard D.	Y2
Ismael, Wasim M	Y4
Jenkins, Joshua B.	Y4
Judisch, Jonathan	Y3
Kaniaris, Margarita G.	Y1
Kapelnik, Boris	Y1
Karrer, Julie E.	Y1
Kasmer, Kathleen M.	Y2
Kehler, Karl B.	Y4
Kern, Rachel M.	Y4
Kim, Michelle H.	Y2
Kimura, Tamami	Y4
Klemens, Adam B.	Y1
Knight, Curtis P.	Y4
Koehler, Shawn M.	Y4
Kunimura, Darryl H.	Y4
Kwon, Jason N.	Y4
LaBrosse, Deana R.	Y1
Lam, Anita S.W.	Y4
Lam, Leonard C.	Y1
Le, Natalie	Y4
Lee, Nellie T.	Y4
Lee, Otto C.W.	Y4
Lee, Stephanie H.	Y4
Lee, Susana M.	Y3
Lewis, Luis	Y1
Lieu, Megan M.	Y1
Lo, Philip	Y4
Lopykinski, Michael J.	Y2
Louie, Jason L.	Y4
Loy, Jeremy E.	Y1
Loy, Kristy M.	Y2
Luker, Lindsay A.	Y1
Lum, Kris W.	Y3
Lupfer, Alexa R.	Y4
Ly, Dat	Y4
Ma, Jeffrey	Y4
Maley, Jessica J.	Y4
Manongdo, Sarah S.	Y1
Marlowe, Megan G.	Y1
Mathes, Marcie J.	Y1
McCann, Andrea L.	Y2
McEleney, Kathleen L.	Y4
Melfi, Thomas O.	Y1
Miesner, Nicole R.	Y2
Miller, Christopher T.	Y3
Miranda, Diana E.	Y4
Mohamed, Rezah	Y1
Mohana, Tarek	Y4
Myalil, Shinu P.	Y1
Narayan, Sasha N.	Y2
Ng, Lisa W.	Y3
Nguyen, Mai N.	Y2
Nguyen, Mindy C.	Y1
Nielson, Ana D.	Y4
Nielson, Ryan E.	Y4
Nobles, Zachary S.	Y3
Novotny, Jill	Y3
Nowlan, Regan	Y4
Okamura, Jaime R. K.	Y2
Palm, Andrew S.	Y3
Patel, Rachana S.	Y1
Perez, Judi-Anne S.	Y4
Peterman, Jesse N.	Y1
Pilon, Andrew F.	Y3
Pitts, Amy L.	Y4
Ratnasingam, Umashanker	Y1
Rayman, Daniel K.	Y3
Reinhold, Sheila A.	Y3
Renner, Chad E.	Y4
Reyna, Inez M.	Y3
Reynolds, Tonya M.	Y1
Rhinehart, Kirstin P.	Y3

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Ritter, Heather A.	Y1
Rockwell, John C.	Y4
Rottinghaus, Charles A.	Y1
Roytman, Marina	Y4
Russel, Melissa R.	Y3
Russell, Christie J.	Y2
Saeed, Faheemah A.	Y1
Sanford, Sue Ann	Y1
Santos, Karen T.	Y2
Schmidt, Robb W.	Y3
Sculley, Michael B.	Y3
Sharma, Alok	Y1
Sheetz, Brandon D.	Y4
Shleyfer, Larisa	Y1
Sneddon, Geoffrey M.	Y4
Stalboerger, Gina	Y2
Stalzer, Brandon G.	Y2
Steinmetz, Robert J.	Y3
Stewart, Edward G.	Y4
Streiff, Lavender S.	Y3
Swatch, Deepinder	Y1
Tahir, Tauseef U.	Y4
Tanner, Kevin A.	Y4
Teeter, Robert A.	Y1
Templeman, Carrah D.	Y1
Thomasson, Krista	Y4
Thompson, Kelly R.	Y1
Toomey, Shannon C.	Y3
Torti, Kelli L.	Y4
Trackwell, Melanie J.	Y1
Tran, Raymond	Y4
Tseng, Janet Y.	Y1
Ubhi, Sukhdeep	Y4
Van Haaften, Kelly N.	Y2
Vincelli, Nicholas C.	Y1
Vo, Dana Le	Y4
Vuorenmaa, Chris B.	Y1
Waldorf, Julie M.	Y3
Wallace, Katherine S.	Y4
Walsh, Danae D.	Y4
Wang, Rick C.	Y3
Weibert, Julie M.	Y1
Willis, Chad E.	Y1
Wilson, Lisa L.	Y1
Youlden, Eric J.	Y3
Young, Lisa M.	Y1
Youngwirth, Brandy	Y1



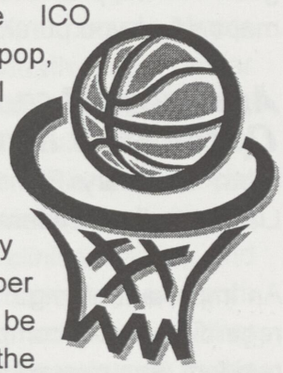
School or Not?



Please call ICO's weather hotline if you are in doubt about school closings due to weather....312-949-SNOW

Basketball Tournament

On Monday, January 21st (MLK Day) the ICO Student Association is sponsoring a 3 on 3 Basketball tournament. The games will begin at 2:00 p.m. in the ICO gymnasium with free pop, beer and pizza to all players and spectators. The tournament is open to all students, faculty, and spouses. The entry fee is $15/team or $5 per person, which will be dispersed among the winning teams. All teams must have at least one female on their team to enter. Sign up sheets are posted around campus. Any questions contact Robb Schmidt @ Box 700 or 773-254-6729.



New Free Local off Campus Calls



The ICO Student Association has recently acquired off campus access for two telephones on campus. Students can now make any local calls to 312, 773, or 847 area codes for FREE. These phones are located in the lounge area near the bookstore and in the RC lobby. The phones are wall mounted and are marked by plaques. Please be courteous if others are waiting and limit your calls to 5 minutes, Thank you, Your Student Association

Party at Durkins

Everyone is invited to the Private Practice Club party at Durkins Tavern on 810 West Diversey in Lincoln Park. The party will be on Martin Luther King Jr. Day weekend, on Sunday, January 20th, 2002 from noon to

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4pm. There is no school on Monday so please all come out and celebrate! The party will include all you can drink soda, draft beer, wine and well drinks. Futhermore, our package offers an all-you-can-eat grill cookout, which includes pizza, hot dogs, brats (for you Green Bay fans), and hamburgers. The cost is only $25.00 and we will be selling tickets January 14-18th, 2002 outside Room 1200. We will be celebrating the NFL playoffs so please wear your favorite sport teams gear. We will provide detailed instructions and maps when you purchase your ticket.

American Academy of Optometry News:

From Dr. Mary Flynn Roberts, ICO Faculty Liaison to the Academy

An important change to the Academy's policy regarding work completed as a student or resident was passed at the annual meeting in Philadelphia.

If the student was a licensed practitioner (e.g. resident, fellow, graduate student) when the work (poster, paper, etc.) was completed, the work will now be accepted for points towards fellowship.

If the student was not a licensed practitioner when the work was completed, the work will be evaluated on a case-by-case basis. If the faculty advisor can document that the student did the majority of the work to truly warrant the first authorship position, the student may receive credit for the work.

The committee (Faculty/Student Liaison Committee) will continue to work with the parties involved to increase the likelihood of students receiving credit for their work and points toward fellowship. We believe a student should receive credit for their presentations which takes place before graduation and the Academy should welcome their desire to become Fellows following graduation.

AOSA

2nd Years

Win a free trip to the 105th AOA Congress Student Ambassador Program

One student from each school or college will be selected to participate in the AOA Congress Student Ambassador Program. As a Student Ambassador, you can demonstrate the importance of leadership and involvement within organized optometry to your fellow students.

Ambassadors will receive a trip to New Orleans to experience Congress from an insider's perspective and, upon returning to school, share their experiences with their fellow students. Applications are available in the Student Affairs Office.

Attention Fourth Year Students

Graduation Announcements

This year graduation announcements will be *personalized* with your name and degree printed into the text of the announcement along with the time, date and place of the ceremony. You have received information from C-B Announcements LLC in your mailboxes.

Attention 1st Year Commuters

We have approximately 16 empty lockers to assign. You must sign up for them in the Student Affairs Office.

Master Calendar - Reminder

The Student Affairs Office maintains a master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (on and off campus) are listed on the calendar. Please contact the Office of Student Affairs (x7401) fourteen days in advance of any activity planned for the College community.

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Scholarship Reminder

1. **ALCON** 3rd Year Student Scholarship Award for $1,000. Due to Student Affairs Office – Feb 1
2. **AOA** $1,000 Student Leadership Award, Due to Student Affairs Office –Feb 1
3. **Biocampatibles Eyecare** – Innovative Award for $2000 – Due to Student Affairs – Feb 1

FUNDRAISING REMINDER

Student organizations must submit a fund raising request for approval to the Dean for Student Affairs at least two weeks prior to the event. In scheduling various activities, priority will be given to activities of student organizations, which have historically been run by that organization.

RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.**

ICO Residency Positions Available for 2002-2003

ICO has 6 residency programs with positions available for the next residency years. The programs include:

Primary Care Optometry: This program is housed at the Illinois Eye Institute and provides an opportunity to expand the new graduate's skills through intensive clinical training and experience through both patient care and didactic activities. The program emphasizes the diagnosis and management of ocular disease as well as the co-management of patients with oculo-systemic disease. The resident will have the opportunity to participate in rotations including the Primary Eye Care Service, Center for Advanced Ophthalmic Care, which includes clinics in Comprehensive Ophthalmology, Vitreoretinal Disease, Glaucoma, Cornea/External Disease, Fluorescein Angiography and Emergency Service.

Binocular Vision and Pediatric Optometry: Also housed at the IEI, this accredited program provides advanced clinical experience in binocular vision and pediatric optometry. The residency offers a special opportunity to develop expertise in the diagnosis, treatment and management of strabismus and amblyopia; non-strabismic binocular vision, accommodative and ocular motility disorders; visually-related learning problems; and vision care for infants, children, head trauma patients and those with special needs. The program is designed to provide the resident with intensive clinical training and experience through participation in both patient care and didactic activities. Other clinical responsibilities include rotations in the Center for Advanced Ophthalmic Care, the Infant Welfare Clinic and the Pediatric Specialties Unit at the University of Chicago.

Cornea and Contact Lens Management: This fully accredited program is designed to provide advanced experience in the management of anterior segment and contact lens related conditions. Patient care experiences are offered in an educational clinic setting, a hospital based setting and a private practice setting. Teaching, education, research and clinical components make for a well-rounded curriculum. Particular emphasis is on the diagnosis and management of corneal and anterior segment pathology and the fitting of specialty contact lenses for conditions including keratoconus, presbyopia, pediatrics, high astigmatism and post-surgical corneas such as post-PKP, RK or LASIK. This program is designed to be challenging and will culminate in the development of advanced clinical competency in cornea and contact lens management.

Ocular Disease and Low Vision Rehabilitation: This program, sponsored by

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VA Chicago Healthcare System, West Side Division, and Edward Hines, Jr. VA Hospital, offers a unique training opportunity by providing extensive clinical experience in the management of ocular diseases as well as full scope low vision. Both facilities are combined medical/surgical hospitals and research and ambulatory care centers. Experienced optometric and medical faculty and staff, including al ophthalmic sub-specialties and blind center rehabilitation teachers, are involved in education of the residents. Although the program emphasizes clinical care, there are abundant research and educational opportunities.

Refractive Surgery Co-management and Anterior Segment Disease: This program is offered at Davis Duehr Dean in Madison, Wisconsin. Davis Duehr is the largest eye care group in the state with over 60,000 patient visits annually. The refractive surgery center has two Visx S2 excimer lasers on site and performs over 4000 LASIK surgeries annually. This program was initiated in 1999 to provide advanced clinical training in surgical co-management and treatment of ocular disease. One-half of the resident's training is concentrated in refractive surgery including pre-operative evaluation, operative technique and post-operative care. Procedures covered include LASIK, LASEK, PEK, PTK LTK and astigmatic keratectomy. First-hand experience with Implantable Contact Lenses, Wavefront and other new technologies is available. The program also emphasizes anterior segment disease diagnosis and management. The resident is responsible for running an ocular urgent care clinic for undiagnosed and emergency patients. The curriculum includes specialty contact lens fitting and sub-specialty rotations in glaucoma and retina clinics.

Primary Care Optometry: This Primary Care Residency is sponsored by the Ochsner Clinic department of ophthalmology in New Orleans, LA. This program is designed to enhance the resident's ability to provide efficient, cost-effective and high-quality comprehensive care to a diverse patient population in a managed care setting. Although the emphasis is in primary care, residents receive substantial experience in contact lenses and ocular disease, including rotations in various ophthalmic sub-specialties. The faculty at the Ochsner clinic is experienced in post-graduate clinical training, sharing 6 ophthalmology residents per year with the Louisiana State University Medical Center. Didactic aspects of the program are provided through weekly attendance at ophthalmology lectures and bimonthly grand rounds. Residents participate in professional education seminars held at ICO as well as in other venues.

Application for all programs is through the Optometry Residency Matching Service (ORMS) which can be accessed at www.optometryresident.org. The application procedure is described in detail on the web site. Please note that the application deadline is February 1, 2002.

Questions about the programs may be directed to Dr. Stephanie Messner, ext. 7015 or at smessner@eyecare.ico.edu.

School of Optometry
Indiana University, Bloomington IN

1. Primary Eye Care
2. Pediatrics
3. Binocular Vision
4. Contact Lens
5. Low Vision
6. Ocular Disease

Nova Southeastern University
College of Optometry

Clayton Eye Center, Morrow GA
Emphasis on Ocular Disease,
Deadline is February 1, 2002

Aran Eye Associates

Ocular Disease Residency, Miami, Florida

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
American Foundation for Vision Awareness - Washington	To qualify you must be a resident of the State of Washington, be accepted/enrolled in an accredited school of Optometry and NOT have a Washington state optometrist as an immediate family member	$500	**January 15, 2002**
Secretary's Award for Innovations in Health Promotion www.opted.org (go to links, Secretary's Award) (http://bhpr.hrsa.gov/interdisciplinary/innovations.html)	Must be enrolled full or part time in a baccalaureate or higher degree professions education program	*Single Discipline Awards* First Prize - $3,500 Second Prize - $2,500 Third Prize - $1,500 *Interdisciplinary Awards* First Prize - $7,500 Second Prize - $5,000 Third Prize - $3,000	**January 25, 2002**
Alcon 4th Year Student Scholarship Award	All 4th year Optometry students	$1,000 overall winner $5,000	**February 1, 2002**
Alcon 3rd year Student Scholarship Award	All 3rd years are eligible but must write a case report (topic in SAO)	$1,000	**February 1, 2002** Submit to the Student Affairs Office
AOA Student Leadership Award	Must be a 3rd year in good standing with leadership and student gov't involvement.	$1,000	**February 1, 2002**
Biocompatibles Eyecare Innovative Research Award Awarded by the American Optometric Foundation	Any 3rd or 4th year student submitting an application and 2,500 word research paper (topic in SAO).	$2,000 (1 per school) *an additional $5,000 for the best paper overall	**Feb 1, 2002** ***Submit to the Student Affairs Office***

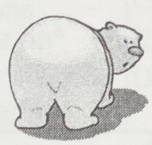
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The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Students entering or who have entered a graduate/professional school who has been legally domiciled in the greater Chicago metropolitan area *Applications available December 1, 2001 - February 15, 2002- must write for info.*	*	**March 1, 2002**
Essilor of America, Inc. and Varilux Student Grant Award Program	3rd and 4th year students – must do a case report on a patient fit with Varilux lenses	$500 (1winner from each school)	**Due to Dr. Colip by March 4, 2002**
William C. Ezell Fellowship Awarded by the American Optometric Foundation	Post-graduate students entering or continuing a full-time program of study and training in research that leads to the Master's or Ph.D. degree	$8,000	**March 15, 2002** Applications are also available for downloading at www.exell.org
Femme Vitale Scholarship Odwalla Superfood	Women in health professions, in financial need.	$1,000 t0 4,000	**Postmarked March 1, 2002** **Go to** www.odwalla.com then to planet page and look for Femme Vitale Scholarship
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on- line – www.niaf.org/ scholarships

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Attention, Polar Bears!



Don't forget to track your progress on the bulletin board outside the gym—people are watching! Also, you can use the lists on this board to find other Polar Bears to run with. Any questions or problems? Call Amanda at x7460. Happy running!

Massage Therapy

Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

Massage at ICO is provided by Joanne Suriano, a certified structural therapist. Joanne's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated

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massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, January 17 and Thursday, January 31.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness:

Healthy Macaroni & Cheese?

You're watching your weight and fat intake, so you thought macaroni & cheese was out of the question? Wrong! Try this fantastic recipe, courtesy of the American Institute for Cancer Research:



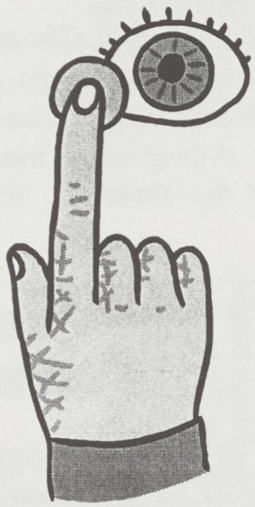
Macaroni 'n Cheese 'n Veggies

2 cups uncooked whole wheat elbow macaroni
1 tbsp. butter or margarine
1 onion, finely chopped
1 garlic clove, minced
½ tsp. salt
½ tsp. paprika
¼ tsp. freshly ground black pepper
1 small red bell pepper, finely sliced
1 small green bell pepper, finely sliced
1½ cups low-fat milk
¼ cup grated Parmesan cheese
1 cup shredded reduced fat, sharp or extra-sharp cheddar cheese
½ cup fat-free sour cream

Cook macaroni according to package directions; drain and place in large saucepan. In medium saucepan, over low heat, combine butter, onion, and garlic. Cook until onion is translucent. Add to macaroni and turn to low heat. Mix in salt, paprika, black pepper, and bell peppers. Gradually add milk. Cook, stirring constantly, for 10 minutes. Add Parmesan, cheddar and sour cream; stir. Remove from heat when cheese is melted. Serve immediately.

Makes 8 servings. Per serving: 169 calories, 5g total fat (3g saturated fat), 23g carbohydrates, 9g protein, 3g dietary fiber; 452mg sodium.

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WORKSHOP!

RGP Envision Fitting

Sponsored by Polymer Tech and B&L
With guest speaker Dr. Steve Byrnes

March10, 2002, Sunday Afternoon
Cornea Center for Clinical Excellence
*Exact times to be announced,
Lunch Provided

Call for Patients:

Are you, a friend, or a family member interested in trying RGPs? This may be your chance. We need about 30 patients to sit for a fitting workshop. If successful, you will receive free RGPs.

Call for Student Clinicians: (3rd and 4th years)

Do you want more practice fitting rigid lenses? Do you want to learn more about and work with the Envision aspheric lens design? Then sign up today! Space is limited.

Call Dr. Sonsino at x7283 or sign-up on his door.

Cooper Vision Presentation

Friday, January 25th at NOON
Room 1202



Lunch Provided
Learn about their latest products and innovations

Sponsored by Cooper and the Contact Lens Society
All 3rd and 4th years welcome

Sign-up sheet on Dr. Reeder's door

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FOCAL POINT

ICO Student Newsletter **January 30, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Friday, February 15th. The submission deadline for that newsletter will be Wednesday, February 13th at 5:00 p.m.!

CAMPUS NEWS

Presidential Search Committee

We are pleased to announce the Committee Members selected to serve on the Presidential Search Committee. Thank you to all who participated in the voting process to select these representatives:

Faculty Representative is **Dr. Janice Jurkus**
Staff Representative is **Mr. Ron Campbell**
Student Representative is **Mr. Robert Steinmetz**
Alumni Council Representative is **Dr. Donovan Crouch**

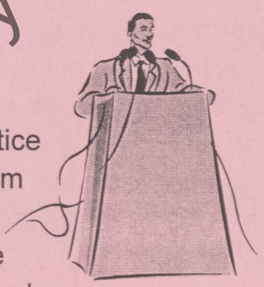
These representatives will join the Presidential Search Committee composed of Board of Trustee members and the Academic Dean **(Dean Scharre).** The Co-Chairmen of the search committee are **Dr. Joseph Henry**, Trustee Emeritus, and **Dr. James Butler**, member of the Board of Trustees.

For your information, the first Presidential Search Committee Meeting will be February 14, 2002 at ICO. If you have any comments or suggestions, please contact me at jjbut@aol.com.

Memorial Service

The Memorial Service for Dr. Gregg Steele will take place on Friday, Feb. 1st at 3PM in lecture room 1200. No clinic, classes or labs should be scheduled during that time. Please consult with your Department Chair if you have any questions. Thank you.
Dominick M. Maino, OD,MEd, FAAO

Practice Opportunities Symposium



Each year ICO's Practice Opportunities Symposium is offered to showcase the variety of practice opportunities available to optometry students upon graduation. It is a great day for students, ICO alumni and area optometrists to visit, learn, share information and network with others in the profession. For the presentation portion of the symposium, the panel consists of ICO alumni speaking on their own experiences and recommendations for success. After the presentations there is a Fair/Reception which provides a unique opportunity for all organizations and practitioners, with current or future opportunities for optometrists, to meet at their tables with students and alumni. There are usually 300+ students in attendance and we also invite alumni who currently are enrolled in ICO's Placement Program. As a point of interest, the Symposium has been the planned cover story in the fall issue of Optometric Management's New OD Journal for the last three years.

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Our fifth annual Practice Opportunities Symposium will be March 1, 2002. The key to our longevity has been the ability to remain at the forefront of evolving conditions in the teaching and practice of optometry.

For more information see Lynn Petrica in the Student Affairs Office

Grant Proposals

The **Illinois Society for the Prevention of Blindness** is again offering Illinois researchers the opportunity to submit grant proposals. The maximum amount is $5000 and funding will begin in June, 2002. Deadline for proposals (I have an outline not a form) should be submitted no later than April 30th, 2:00 PM. Include purpose, budget, brief CV of PI, IRB/Animal Care approvals, short paragraph (in lay terms) describing your proposal. Project must relate to prevention of blindness, no funds provided for major equipment, institutional overhead or salaries. See me if you want a copy of the request for proposals. This is an excellent opportunity for some funding of a pilot study and several of our faculty have had successful proposals in recent years. Let's get some more.
Gary Lesher

Library News

Spotlight on the Library
by Kathryn Johnston
Information Systems Librarian
The Library has received some new CD-ROMs and books this January. You can peruse the new *Wills Eye Hospital Atlas of Clinical Ophthalmology* in both its book form on reserve at RE71.W55 2001 or on CD-ROM (CDR 64.) "This interactive CD-ROM contains the full text and all of the more than 1,400 images from the print atlas. In addition, the CD-ROM contains a multitude of high-quality reference materials including more than 280 pathology images, over 20 clinical video segments, and 17 video lectures."

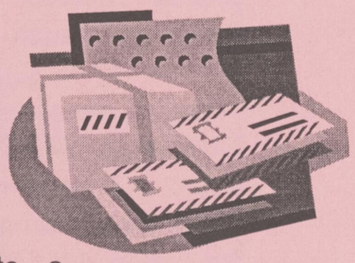
Either or both can be checked out for up to 3 hours at a time. In addition, we now have CD-ROMs of *Binocular Indirect Ophthalmoscopy* (CDR 65), and Howard Fine's *Cataract Surgery* (CDR 66).

For those studying for the last part of the board exams, *Ophthalmology Secrets*, by Vander and Gault, (RE48.V37 2001) may prove helpful. It provides in a question and answer format information on eye problems and diseases likely to be seen in clinic or during oral examinations.

We also have added to the collection books on *Amblyopia* (RE92.A42 2001), *Presbyopia* (RE938.5.P74 2001), and a patient guide to *Macular Degeneration* (RE661.D3D36). A new issue in the Ophthalmology Clinics of North America series has been published, this one on *Posterior Segment Complications of Cataract Surgery* (RE1.O7 v.14 no. 4 Dec 2001). *Collaboration with African Traditional Healers for the Prevention of Blindness* would be useful for anyone hoping to practice or volunteer in Africa.

Ground Hog's Day is approaching, so get out of your holes and see what is new under the sun at the Library!

From the Mailroom



Do you want to save on shipping costs? Whenever you send a package via United Parcel Service (UPS) use a business address. It is less expensive ($1.50 - 3.00) to ship to a business instead of a home address. However, we do understand that this is not always possible, so let us know. Always insure your package accordingly, the additional cost is not significant and things can get lost or broken. UPS ships out every weekday between 2:00 and 3:00 p.m.

We can ship your packages throughout the U.S. mail, priority mail, but we are not able to insure the package from this facility. U.S. Mail goes out at 3:30 every weekday.

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If you have any questions please call X 7085 or 7087.

Elevators

As you are aware the elevator that goes from the Presidents Circle Lounge to the first, second and Library floors is broken. The complete hydraulic unit is history. Unfortunately this type of equipment has to be built. Fujitec (our elevator Co.) is working on getting a new one. I do not have an ETA as of now. If assistance is needed negotiating the stairs please call 7601 or call Security 7633. They will forward your request to Facilities.
Opie Nimon

Eyeball 2002 at the Drake



Folks, it's that time of year again to start thinking about how dolled/GQ'd up you're going to get for our Student Association sponsored annual formal, more commonly know as the EYEBALL! This year your friendly neighborhood, don't forget attractive S.A. is going all out, as the Eyeball is going to be held at the prestigious and infamous Drake Hotel, downtown Chicago, Saturday, March 2 at 7pm. Mark your calendars for this night filled with elegance, tantalizing delicacies, excitement and many memories.

This year you'll need to wear your best dance shoes as we have one of the best DJs flying in from Canada to move our souls with funky rhythm. Friends, this will be an event you will not want to miss! Tickets will be sold from Monday, February 4 to Friday, February 8, 2002 in front of Room 1200 from 11:00am to 2:00pm only. Get your tickets quick because we sold out last year. Faculty and Staff are encouraged to join us in this memorable evening. Tickets will be $48/person and you can charge it to your student account. This includes appetizers, meal, dessert, four hours of open bar, dancing and an unbelievable evening with fellow colleagues. Any questions? Talk to any S.A. member.

AOSA

Thank You to Our AOSA Trustees

The Student Association would like to thank our AOSA trustee, Pavan Avinashi and AOSA trustee elect, Ryan Haiar for their tireless efforts in helping to make the 2002 AOSA conference in Philadelphia a success. The behind the scenes planning and organization for this event is tremendous and we thank them for their efforts. Also, congratulations to Pavan Avinashi on being named AOSA Trustee of the Year.

NOSA Reactivation Meeting

What is NOSA? NOSA stands for the National Optometric Student Association. The focus of NOSA is to:

- ✓ recruit minority students into the field of optometry
- ✓ educate the community about visual health and eyecare
- ✓ provide vision care services to the community

We will discuss the purpose, focus, and mission of NOSA, upcoming conferences and projects.

If you are interested in joining NOSA, Please attend on Wednesday, February 27, 2002 at 5:00 p.m. room 1200. You do not have to be a minority to join. If you are interested but unable to attend, then leave a message for Tracey Marshall Box #386 or Samantha Hair Box #351

Procedure for Missing Exams

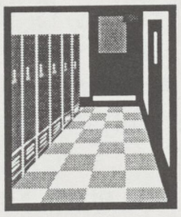
A student missing an examination for any reason should contact the Office of Student Affairs within 24 hours after the missed exam. The Office of Student Affairs will notify the appropriate College personnel of the absence. The student should contact Academic Administration immediately upon returning to campus to reschedule the examinations. Please see page 87 of the Student Guide for the complete make-up policy.

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Resident Assistant Applications

If you are interested in applying for a Resident Assistant position in the Residential Complex for the 2002-2003 academic year, please stop by the Student Affairs Office to pick up an application. Completed applications are due to the Student Affairs Office by Monday, February 25th, 4pm.

Lockers



Attention Fourth Year Students Leaving for Externship in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in the Student Affairs Office which locker you are vacating.

Attention Fourth Years Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

School or Not?

Please call ICO's weather hotline if you are in doubt about school closings due to weather....312-949-SNOW

Security Reminder

Facility, staff and students are reminded that they must display their ID badge while on campus.

Free Local off Campus Calls

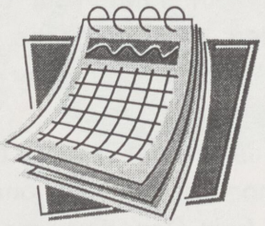


The ICO Student Association has recently acquired off campus access for two telephones on campus. Students can now make any local calls to 312, 773, or 847 area codes for FREE. These phones are located in the lounge area near the bookstore and in the RC lobby. The phones are wall mounted and are marked by plaques. Please be courteous if others are waiting and limit your calls to 5 minutes, Thank you, Your Student Association

Neuro-Optometric Rehabilitation Association (NORA)

The Student Affairs Office has received information regarding this organization whose mission is to develop interprofessional networks, approaching vision rehabilitation as a multidisciplinary team. They are interested in developing student chapters to increase the awareness of the importance of neuro-rehabilitation. Benefits of belonging to the student chapter would be: receiving newsletters, access to speakers and mentors, references on rehabilitation, use of their Web Site, and annual scholarships and awards. A faculty liaison would be required for the student group. For additional information regarding the NORA please contact Dr. Mary Baker, the NORA Student Chapter Coordinator at 425-638-0700. All new student groups need to be approved by Dr. Mark Colip, the Dean for Student Affairs.

Master Calendar - Reminder



The Student Affairs Office maintains a master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (on and off campus) are listed on the calendar. Please contact the Office of Student Affairs (x7401) fourteen days in advance of any activity planned for the College community.

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Scholarship

For 2nd, 3rd, and 4th Year Students

Wal*Mart is offering a $1,000 scholarship to a second, third and fourth year who meet the following criteria: GPA minimum of 3.0 on 4.0 scale and financial need. Employed or previously employed as an associate of Wal*Mart Vision Centers or an affiliated optometrist. If you meet the above criteria, please submit a letter of intent expressing your interest to the Student Affairs Office by Friday, March 8th. Externship students can fax their letters to the attention of Sharon Uher at 312-949-7680. Thanks.

AOA Summer Student Internships Available

Internships for 8 to 12 weeks are available in St. Louis and Alexandria, Virginia with a weekly salary of $300. Open to first, second and third year optometry students interested in learning about the AOA. Deadline for letters of interest is March 1, 2002. Check out the information in the Student Affairs Office or visit their site at ww.aoanet.org

Vaccines

Did you know that flu season lasts until April? There is still flu vaccine in the Institutional Health Services office! Please call x 7221 and make an appointment. Cost is free for students and only $3.00 for staff and faculty.

Also for students is the Menomune vaccine to prevent Meningitis. Cost is now only $56.25

Thanks and stay healthy!
Jeanne Dougherty
Institutional Health Services

Heart of America Contact Lens Society

The 41st Annual Congress is being held on February 15, 16, and 17th, 2002 in Kansas City, Missouri. Please see the Student Affairs Office for a brochure.

CLASSIFIEDS

Neuroanatomy TAs and tutors

Are thoughts of amygdala, facial colliculus and brain sections dancing in your head? Well then sign up to be a neuroanatomy lab or tutor!
Neuro Labs are scheduled:
Tuesday 1-3 and 3-5 pm
Wednesday 1-3 and 3-5 pm
Thursday 1-3 and 3-5 pm

Just let me know by mail, email (Rtrachim@eyeball.ICO.EDU) or phone (X7180).

Third and Fourth Year Students

I will be coordinating the Optometry 2.3 lab in the spring and am still in search of a few more lab TAs. Many students have already applied for TA positions but in case we need more please let me know if you are interested.
Labs are scheduled at the following days and times:
Monday 8-11 am
Tuesday 8-11 am
Wednesday 9-12
Thursday 9-12
Friday 9-12

Dr. Baker is also looking for some dependable 3rd and 4th year to TA the open labs on weekends or evenings. If interested please contact Dr. Baker.
Dr. Trachimowicz

RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.**

School of Optometry
Indiana University, Bloomington IN

1. Primary Eye Care
2. Pediatrics

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3. Binocular Vision
4. Contact Lens
5. Low Vision
6. Ocular Disease

Pennsylvania College of Optometry

1. Primary Eye Care
2. Pediatric Optometry/Vision Therapy
3. Low Vision Rehabilitation
4. Cornea and Contact Lenses

Application deadline is Feb. 1, 2002

Affiliated Residency Programs (PCO)

1. Refractive Eyecare/Ocular Disease – Hunkeler Eye Clinic- Overland Park, KS
2. Minnesota Eye Consultants- Minneapolis, MN
3. Northeastern Eye Institute –Scranton PA

Ocular Disease

1. Seidenberg-Protzko Eye Associates – Havre de Grace, MD
2. Ocular Disease/Refractive Eyecare
3. Carolina Eye Associates- Southern Pines, NC

PCO Affiliated Veterans Administration Programs

1. Baltimore VAMC – Eye clinic, MD
2. Perry Point VAMC –Optometry Clinic, MD
3. Wilkes- Barre VAMC – Optometry, PA
4. Wilmington VAMC – Optometry, DE

University of Missouri St. Louis School of Optometry

1. Pediatrics and Binocular Vision
2. Contact Lenses

Masters and PhD Degrees

University of Missouri St. Louis School of Optometry

1. Clinical Fellowship and Master of Science Degree in Physiological Optics
2. Doctor of Philosophy or Master of Science Degree in Physiological Optics

Pamphlets in Student Affairs Office.

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4th Year Student Scholarship Award	All 4th year Optometry students	$1,000 overall winner $5,000	**February 1, 2002**
Alcon 3rd year Student Scholarship Award	All 3rd years are eligible but must write a case report (topic in SAO)	$1,000	**February 1, 2002** Submit to the Student Affairs Office
AOA Student Leadership Award	Must be a 3rd year in good standing with leadership and student govn't involvement.	$1,000	**February 1, 2002**
Biocompatibles Eyecare Innovative Research Award Awarded by the American Optometric Foundation	Any 3rd or 4th year student submitting an application and 2,500 word research paper (topic in SAO).	$2,000 (1 per school) *an additional $5,000 for the best paper overall	**Feb 1, 2002** Submit to the Student Affairs Office
The Constantine "Gus" Forkiotis Student Award NORA	A student contribution to literature in the field on Neuro-optometric rehabilitation.	$500.00	**Feb 15. 2002** Contact Dr. Mary Baker, 425-638-0700
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Students entering or who have entered a graduate/professional school who has been legally domiciled in the greater Chicago metropolitan area *Applications available December 1, 2001 - February 15, 2002- must write for info.*	*	**March 1, 2002**
Essilor of America, Inc. and Varilux Student Grant Award Program	3rd and 4th year students – must do a case report on a patient fit with Varilux lenses	$500 (1winner from each school)	**Due to Dr. Colip by March 4, 2002**
Wal*Mart Scholarship	2nd, 3rd and 4th year students - Financial need and previously employed at Wal*Mart Vision Centers or an affiliated optometrist	$1,000	**Due March 8th** Student Affairs Office

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William C. Ezell Fellowship Awarded by the American Optometric Foundation	Post-graduate students entering or continuing a full-time program of study and training in research that leads to the Master's or Ph.D. degree	$8,000	**March 15, 2002** Applications are also available for downloading at www.exell.org
Femme Vitale Scholarship Odwalla Superfood	Women in health professions, in financial need.	$1,000 t0 4,000	**Postmarked March 1, 2002** **Go to** www.odwalla.com then to planet page and look for Femme Vitale Scholarship
Hilda L. Rand Scholarship Maine Optometric Association	Students from Maine, financial need, scholastic achievement and character	$2,000	**Returned no later than April 1, 2002** Mrs. Margaret Brooks
John Gyles Education Awards	Available to Canadians and Americans.	Up to $3,000.00	**April 1st, 2002** **June 1st, Nov 15th** **Self-addressed envelope to** John Gyles Education Awards Attn: The Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick, Canada E3B 5G4
USA Funds Access to Education Scholarships™	Financial need,	$1,500 renewable each year	**April 15, 2002** e-mail scholarship@usafunds.org to download application or see Student Affairs Office
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on-line – www.niaf.org/scholarships
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need.		**June 25th, 2002** See Student Affairs Office for application

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Free Food!

To help power your brain for final exams, free (relatively) healthy snacks will be available in the hallway outside the gymnasium on Wednesday, February 13 from 11:00 am – 1:00 pm. Stop by and grab a bite!

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Massage Therapy

Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

Massage at ICO is provided by Joanne Suriano, a certified structural therapist. Joanne's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, January 31 and Thursday, February 14.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness

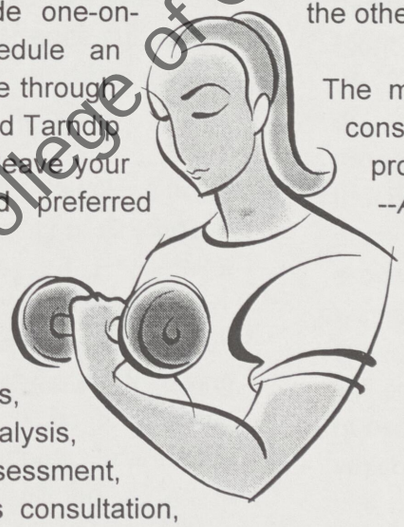
Web-Induced Weight Loss

Losing weight on the Net doesn't require burning calories through key strokes or mouse clicks, just through commiserating with fellow devotees online. It's a good idea that's grown some teeth throughout the Internet community over the past couple of years, except according to a presentation in Quebec at a meeting of the North American Association for the Study of Obesity, it doesn't seem to work.

University of Vermont researchers put 122 healthy but overweight adults through a 24-week behavioral weight loss program and then randomly assigned them to one of three follow-up groups for a year. Participants in the group required to track their progress on the Web by having regular email contact with a weight-loss therapist, as opposed to groups who met with the therapist in person, gained an average of 2 pounds during the first 6 months. By the end of the year, Internet participants maintained just a 6-pound loss, 4 pounds less than the average of the other 2 groups.

The moral? If you're trying to lose weight, consider a well-established, personalized program such as Weight Watchers.

--*American College of Sports Medicine Health & Fitness Journal,* January/February 2002



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FOCAL POINT

ICO Student Newsletter **February 15, 2002**

Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Friday, March 1st. The submission deadline for that newsletter will be Wednesday, February 27h at 5:00 p.m.!

CAMPUS NEWS

Attention Fourth Year Students



Commencement Activities

Mark your calendars for May 15th! We are planning a new event called the Capstone Program that we encourage all fourth year students to attend. The day will start with presentations from several companies that will be of benefit to you in your future practices. We will also incorporate cap and gown pick up, awards presentations, lunch and then rehearsal at Rockefeller Chapel (time to be announced) into the day. So plan on your day starting at approximately 9:30 am and rehearsal ending about 4 or 4:30 pm. Hope you will all make a point to attend the full day's activities.

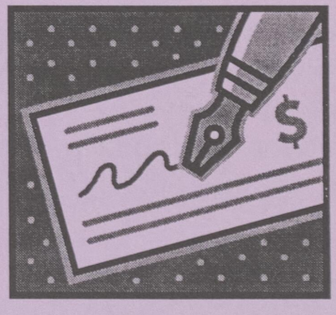
Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 18. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2002 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel. Additional information regarding Commencement will be added to the Commencement Newsletter which will be distributed to your mailboxes within the next few weeks.

Attention: Third Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 3 pm on February 27th to accept your picture selection for the 2003 graduation class composite and also to take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer.

Student Financial Services

Spring Quarter Refund Checks



Refund checks for living expenses for the Spring Quarter should be available on Monday, February 25, 2002 (the first day of the new term). We regret that direct deposit of funds into your own bank account will not be available for this term. The process has taken longer to implement than we anticipated, and we regret this delay. However, direct deposit of your refund check will soon become a reality at ICO, and without question it will be the most efficient manner in which you can have access to your money. If you have not processed your request with our office, or if you have changed your bank, we urge you to complete a Direct Deposit Authorization Form in the Student Financial

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Services Office. The forms are available in the rack outside our door.

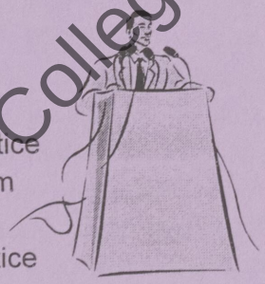
Spring Tuition Bills

Spring tuition bills should be paid in full by Friday, March 8, 2002. You should receive a statement of your tuition account in your student mailbox by the first day of the Spring Quarter. In most cases, you should receive this with your refund check. If you need a bill before you leave for break, please feel free to stop in the Student Financial Services Office. For all students, tuition for the Spring Quarter is $7556, and the Student Association fee is $22, for a total of $7578.

As you are aware, our normal procedure is to send bills every month between the 8th and 10th of the month. In order to provide more specific information to each individual student, we will delay the billing process for about a week for the Spring Quarter. As a result, the bill you receive should reflect not only all your Spring Quarter charges (tuition, fees, room and board, etc.) but also all credits (scholarships, loans, etc.) We hope you will find this more relevant to your own needs, and it should be helpful for your own budgeting.

Again, if you would like a copy of your current statement of account before you leave campus, please stop in our office. Due to the delay in sending bills for the Spring Quarter, no late fees will be charged until after March 15, 2002.

Practice Opportunities Symposium



Each year ICO's Practice Opportunities Symposium is offered to showcase the variety of practice opportunities available to optometry students upon graduation. It is a great day for students, ICO alumni and area optometrists to visit, learn, share information and network with others in the profession. For the presentation portion of the symposium, the panel consists of ICO alumni speaking on their own experiences and recommendations for success. After the presentations there is a Fair/Reception which provides a unique opportunity for all organizations and practitioners, with current or future opportunities for optometrists, to meet at their tables with students and alumni. There are usually 300+ students in attendance and we also invite alumni who currently are enrolled in ICO's Placement Program. As a point of interest, the Symposium has been the planned cover story in the fall issue of Optometric Management's New OD Journal for the last three years.

Our fifth annual Practice Opportunities Symposium will be March 1, 2002. The key to our longevity has been the ability to remain at the forefront of evolving conditions in the teaching and practice of optometry.

For more information see Lynn Petrica in the Student Affairs Office

First Year Students

Those of you who have purchased a Woodlyn Trial Lens set, your ICO Emblem's are ready for pick up in the Bookstore. In addition there are eight first year students that had requested that Woodlyn exchange their current Trial Frame for the new Simple Frame. Those are also in the Bookstore until March 8th when they will need to be returned to Woodlyn. Please make arrangements to exchange your frame prior to that date.

Library News

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Graduation nears for the Class of 2002: is your resume ready? The Library has many books to help you create beautiful, professional and persuasive resumes and cover letters. You may want to consult:
Resumes and Personal Statements for Health Professionals, by Tysinger (HF5383.T9 1999)

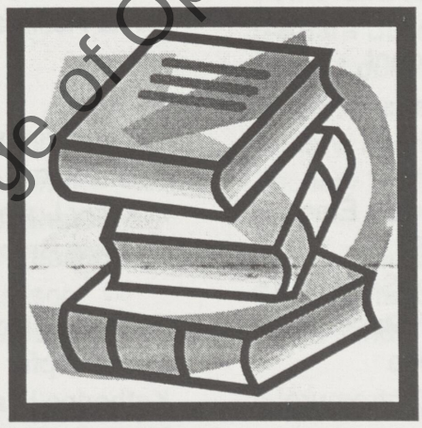
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Real Resumes for Medical Jobs, by McKinney (R690.R39 2001)
Cover letters that knock 'em dead, by Matin Yates (HF5383 .Y28 1998)
Resumes that knock 'em dead, by Martin John Yates (HF5383.Y3 1998)
The physician's resume and cover letter workbook, by Yenney (HF5383.Y4 1998)
Power resumes, by Ron Tepper (HF5383 .T4 1998)
Resumes for health and medical careers (HF5383 .V4 1998).

If a book that you want is checked out or not on the shelf, it is possible to place a hold on the book. If you already know your library identification number and pin, you can enter a hold yourself, or you can ask a Library staff member to place the hold for you. When the book is found or returned, we will contact you, and no one else can check the book out until you have your turn.

Fourth year students on externships more than fifty miles away may contact us, and have books and journal articles mailed to their sites. From off-campus, consult the external Library website at http://library.ico.edu for our telephone and fax numbers, and our email addresses.

There are lots of new videos and books to highlight this week. A new video has arrived called Seeing Straight that covers a CNN interview with Gary Etting & Don Getz on vision problems sometimes misdiagnosed as Attention Deficit Disorder. Its call number is VTU 1340, and is shelved upstairs in the media section. The latest video from Video journal of cataract and refractive surgery, v. 17, no. 4, VTU 1299, has some humorous sequences along with serious segments on "Wavefront sensing and adaptive optics" or "Safety suture for CTR." In the silly, "Phaco Follies," the anesthesia for eye surgery is administered by darts, DaVinci drawings are replicated on the eyeball, and other ophthalmological shenanigans are spoofed.



New books include Law in optometric practice by Steve Taylor (RE953.5.G7 .T39 2002), 14th Mental Measurements Yearbook, the newest edition of the series at Ref. BF431.B78 2001, Ocular trauma: principles and practice edited by Ferenc Kuhn and Dante J. Pieramici (RE831.O255 2001), Understanding driving: applying cognitive psychology to a complex everyday task by John A. Groeger (BF201.G755 2000), and the newest issue of the International ophthalmology clinics, v. 42, no. 1, which covers Advances in infectious and inflammatory eye disease (RE1.I7 v.42 no.1 Win 2002.)

Have a great break and we hope to see you in the Library!

Special Library Hours
Break Week Hours:
Friday, Feb 15, 8 am to 5 pm
Sat. Feb 16, 9 am to 5 pm
Sun. Feb 17 Closed
Mon-Fri Feb. 18-22, 8 am to 5 pm (Library staff in training in the 2nd floor computer room).
Sat. Feb 23, 9 am to 5 pm
Sun. Feb 24, Closed

Used Book Sale!
Once again the Library is offering the opportunity to buy old and discarded books beginning at 9 am on Tuesday, Feb 26, 2002 in the library lobby. The cost is $1.00 per volume. There may be some treasures for you. No advance sales.

Gerald Dujsik

Tax Forms
The Library has the 2001 tax forms on CD-ROM and some on paper as well.

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Eyeball 2002 at the Drake



Folks, it's that time of year again to start thinking about how dolled/GQ'd up you're going to get for our Student Association sponsored annual formal, more commonly know as the EYEBALL! This year your friendly neighborhood, don't forget attractive S.A. is going all out, as the Eyeball is going to be held at the prestigious and infamous Drake Hotel, downtown Chicago, Saturday, March 2 at 7pm. Mark your calendars for this night filled with elegance, tantalizing delicacies, excitement and many memories.

Resident Assistant Applications

If you are interested in applying for a Resident Assistant position in the Residential Complex for the 2002-2003 academic year, please stop by the Student Affairs Office to pick up an application. Completed applications are due to the Student Affairs Office by Monday, February 25th, 4pm.

Members/Representatives for 2001-2002 Clubs

Contact Names

Student Association

Robert Steinmetz	President
Melissa Russel	Vice-President
Andrea McCann	Secretary
Jason Sifrit	Treasurer
Pavan Avinashi	AOSA Trustee
Ryan Haiar	AOSA Trustee Elect
Brooke Baker	Director of Community Service
David Holliman	Director of Student Note Service
Robb Schmidt	Director of Intramural Sports
Elizabeth Chu	1st Year Class Rep.
Trudy Metcalfe	1st Year Class Rep.
Kamran Ahrar	2nd Year Class Rep.
Kelly Van Haften	2nd Year Class Rep.
Mohamed Eid	3rd Year Class Rep.
Jeffrey Frank	3rd Year Class Rep.
Katherine Wallace	4th Year Class Rep.
Cindy Consiglio	4th Year Class Rep.

Resident Assistants

F. Todd Perzy	4th Floor (Head RA)
Jamie Okamura	3rd Floor
Michael Lopykinski	2nd Floor
Andrew Pilon	1st Floor

Yearbook 2002

Angela Bosjolie
Kim Becker
Alice Hsu
Cindy Consiglio

Yearbook 2003

Jennifer Elam
Lisa Ng

Note Service

David Holliman	President
Kristy Genuario	Vice President
Carol Lee	Secretary
Rezah Mohamed	Treasurer

American Academy of Optometry (Students)

Anita Lam	President
Daniel Rayman	Vice-President
Jeff Frank	Secretary
Mike Sculley	Treasurer
David Holliman	3rd Year Liaison

AOSA

Pavan Avinashi	Trustee
Ryan Haiar	Trustee-Elect
Lindsay Luker	1st Year Rep.
Mathew Broschak	1st Year Rep.

Gold Key Honorary Society

Alexa Lupfer	President
Katherine Wallace	Vice-President
Marcella Birk	Academic Liaison
Sarah Pilat	Secretary
Shanida Patsamarn	Student Relations
Brad Kehler	Treasurer
Christina Bartimus	Member
Tausha Barton	Member

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Lori Ann Francis	Member
Shawn Koehler	Member
Jason Louie	Member
Golie Roshandel	Member
Barbara Schmaltz	Member
Brian Snyder	Member

Beta Sigma Kappa Officers

Andrew Pilon	President
Kristy Genuario	Vice-President
Zuriada Zainalabadin	Treasurer
Barbara Schmaltz	Secretary

Private Practice Club

Michael Tran	President
Jeff Frank	Vice-President
Richard Hunter	2nd year Rep.
Leon Kubicki	1st year Rep.
Tricia Kawaguchi	1st year Rep.



Wisconsin Club Officers

Cory Fields	President
Karen Brahm	Vice-President
Andrew Palm	Treasurer
Jaime Bembenek	Secretary
Ryan DeMares	WOA Liaison
Beth Healy	WOA Liaison

COVD

F. Todd Perzy	Member
David Maze	Member

Contact Lens Society

Kara Hagerman	Co-Chair
Casey Crumbliss	Co-Chair
Vicky Chiu	Event Coordinator
Elzie Chan	Event Coordinator
Anita Lam	Event Coordinator
Jennifer Elam	Secretary/Treasurer
Jarod Kastl	Member Liaison
Lisa Ng	Member Liaison



Michigan Club

Derek Fatura	Co-President
Edward Stewart	Co-President
Andrew Horvath	Secretary

SVOSH Officers

Inez Reyna	President
David Maze	Vice President
Katherine Portugal	Treasurer
Stephanie Coates	Secretary
Sara Fredrickson	Fundraising Coordinator
Sabah Akbar	3rd year class Rep.
Sima Lal	2nd year class Re.
Jenna Rogers	2nd year class Rep.
Heather Young	1st year class Rep.
Melanie Trackwell	1st year class Rep.

AOA-PAC Liaison

Christie Russell

Fellowship for Christian Optometrists

Joel Getty	President
Terryl Aitken	Vice-President

Multi-Cultural Association

Meena Turna	Prime Minister
Terryl Aitken	Vice Prime Minister
Divya Khanna	Secretary
Jeff Frank	Minister of Finance
Kamran Ahrar	Minister of Faculty Liaison
Lumie Ardelean	Co-Minister of P. R.
Kambiz Khorram	Co-Minister of P.R.
F. Todd Perzy	Senior Consultant
Michael Tran	Minister of Electoral Affairs

Tomb and Key Honor Fraternity

Barbara Schmaltz	President
Jason Louie	Vice President
Megan Hunter	Treasurer
Andrew Pilon	Member
Zachary Nobles	Member

Council on Ethics

Christin Hand	President
Muna Hindi	Vice President/ Secretary
Kristy Genuario	Vice-President/ Secretary
Hussein Gangji	Treasurer
Sabah Akbar	Faculty Liaison

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Canadian Club
Vicky Chiu Co-Chair/President
Pavan Avinashi Co-Chair/ Pres.

California Club
Shanida Patsamarn President
Ruby Lew Vice-President
Nellie Lee Secretary



Refractive Alternatives Club
Brian Snyder President
F. Todd Perzy Secretary

NOSA
Tracey Marshall President
Samantha Hair Vice-President
Heather Young Secretary
Jinaki Smith Treasurer

Business Club
Michael Tran President
Jeffrey Frank Vice-President
Richard Hunter 2nd year Rep.
Samantha Hair 1st year Rep.
Dien Le 1st year Rep.

Muslim Students Association
Sabah Akbar President
Muna Hindi Vice-President
Toseef Hasan Secretary
Kamran Hussain Executive Member
Shayma Quraishi Executive Member

Commuting Student Association
Deana LaBrosse Chair

NOSA Reactivation Meeting

What is NOSA? NOSA stands for the National Optometric Student Association. The focus of NOSA is to:

- ✓ recruit minority students into the field of optometry
- ✓ educate the community about visual health and eyecare
- ✓ provide vision care services to the community

We will discuss the purpose, focus, and mission of NOSA, upcoming conferences and projects.

If you are interested in joining NOSA, Please attend the meeting on Wednesday, February 27, 2002 at 5:00 p.m. room 1200. You do not have to be a minority to join. If you are interested but unable to attend, then leave a message for Tracey Marshall Box #386 or Samantha Hair Box #351

Research Opportunities for Summer, 2002

All First Year Students

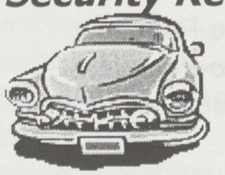
From: Dr. Gary A. Lesher

The University of Houston, College of Optometry and The New England College of Optometry have announced the availability of Summer Research Training Fellowships. Each of these institutions has materials that describe the program in some detail. Briefly, the programs provide a stipend for the summer months (May 13 to August 13 at $3765 for UH, and $4125 for NEWENCO) for an optometry student research trainee. The deadline for application for the UH positions is no later than March 11th, 2002. The deadline for application for the NEWENCO positions is no later than April 15th, 2002. If you would like more information please see me for application forms. This could be an excellent opportunity for a student interested in clinical and basic science research who would be in the area of these institutions.

School or Not?

Please call ICO's weather hotline if you are in doubt about school closings due to weather....312-949-SNOW

Security Reminder



Please do not leave personal items in your vehicle in plain view.

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Neuro-Optometric Rehabilitation Association (NORA)

The Student Affairs Office has received information regarding this organization whose mission is to develop interprofessional networks, approaching vision rehabilitation as a multidisciplinary team. They are interested in developing student chapters to increase the awareness of the importance of neuro-rehabilitation. Benefits of belonging to the student chapter would be: receiving newsletters, access to speakers and mentors, references on rehabilitation, use of their Web Site, and annual scholarships and awards. A faculty liaison would be required for the student group. For additional information regarding the NORA please contact Dr. Mary Baker, the NORA Student Chapter Coordinator at 425-638-0700. All new student groups need to be approved by Dr. Mark Colip, Dean for Student Affairs.

New Procedure for Fundraisers

There are forms ***Request for Permission to Solicit Student Funds*** in the Student Affairs Office that need to be filled out with the *Room Request and Fundraising Form*. It will then be reviewed first by the Student Association and submitted with the Room Request Form.

Orientation 2002

Student Counseling & Enrichment Services

Beth Karmis, M.A.

What are you doing August 13th through 15th? Do you have an interest in being involved in the Orientation 2002 program? These are the sorts of opportunities I have available:

Master(s) of Ceremony

Do you (or you and a friend) love to be "front and center"? We've done different things with Orientation programming, but having an upperclassperson as the MC has been so favorably received, we'd like to continue it. It requires a comfort level with public presentations, a sense of humor (improv experience helpful), adaptability, and a handful of "this is what happened to me" stories. You'd have to be available for all 3 days of Orientation and for some time before Orientation week to get familiar with the schedule of events. We'd be open to considering a pair of MCs or even a team.

Orientation Team Member

This is a very general assignment. I'd like for you to be around at the break times each day, help with the distribution of surveys each morning, and help when we break for meals. You're role is to provide direction, answer questions and help solve any problems if they arise during the program. You'll be identified early on in the program so the students know who you are.

Session or Event Leaders

If you only have a day or even a few hours to spare during that last week before the fall quarter, being a session or event leader is an ideal opportunity. We do international student break-away sessions, commuting student jump start breakfasts, ethics/professionalism discussion sessions, clinic tours (***highly rated, very popular), the Who's Who Fair, the Experience Chicago Outings, and much more.

All you need to do if you are interested in being involved in Orientation 2002 is to let me know. My intention is to have a fairly solid plan in place by the end of May, so the sooner you can tell me about your interest the better!

Ideas, Suggestions, and Recommendations

If you have specific feedback you'd like to share in regard to your Orientation experience, either give me a call at ext. 7415 or drop me a note. Short of serving frosty drafts at each and every meal (yes, that was already recommended…who am I to say beer isn't a nice accompaniment to Apple Jacks?) I'd like to hear what you have to say.

Beth Karmis, M.A.

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Champagne Brunch

Contacts and Eyeglasses

America's Best is planning a Champagne Brunch for the 3rd and 4th year Optometry Students on Sunday, March 3, 2002 from 11:00 a.m. – 2:00 p.m. at the Palmer House Hilton. Flyers have been put in your mailboxes.

Lockers

Attention Fourth Year Students Leaving for Externship in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in the Student Affairs Office which locker you are vacating.

Attention Fourth Years Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

Peace Corps Opportunity in Optometry



Kathmandu, NEPAL

Mr. Tika Karki, former Deputy Director of Peace Corps/Nepal and now Senior Advisor, will be visiting the US in February and March 2002. He will be recruiting an Optometrist to teach at the BP Koirala Center for Ophthalmic Studies. If you would like to know more about this great humanitarian development opportunity, please let Lynn Petrica, Placement Office, as Tika will be in contact with her.

1983 Department of Ophthalmology was started at Tribhuvan University Teaching Hospital (TUTH).

1996 This grew to become a separate entity now known as the BP Koirala Center for Ophthalmic Studies (BPKLCOS).

1998 Bachelor of Optometry Course approved by Faculty
Board, making BPKLCOS the first to include a School of Optometry in Nepal.

1998 Ministry of Health, His Majesty's Government of Nepal, designates BPKLCOS as National Eye Health Manpower Training Center/National Center of Excellence for Eye Care.

1999 BPKLCOS takes a leadership role in Nepal's participation in the WHO's global initiative Vision 2020: The Right to Sight. This initiative challenges developing nations to target their main source of avoidable blindness, eliminating it by the year 2020.

2000 BPKLCOS graduates the nation's first optometrists.

BPKLCOS is the ophthalmic manpower training Center for Nepal. It currently has a faculty of twelve, but no one full-time in Optometry. There are twenty Ophthalmology Residents, and seventeen Optometry Students. Coming to the BPK Center as an Optometry Instructor through the Peace Corps offers you an enormous opportunity to impact eye health care in this developing nation for many years to come.

You will have the opportunity work as an optometrist in both rural and urban settings, in eye camps, and community outreach programs. Most importantly, you will be training the very first and future optometrists for the nation. Your informational and intellectual legacy will be carried on throughout the country in graduating optometrists, and passed on when a graduating optometry student stays on to teach at the Center.

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CLASSIFIEDS

Attention All Second Year Students!

Optometry 2.3 Labs

The first week of classes only the Thursday and Friday lab sections will meet to do lab 1 which includes doing a general exam with add determination, trial framing, gonio and dilation. Please come prepared.

Week 2 all lab sections will meet (Mon-Wed lab sections will do

Lab 1; Thurs. and Fri labs sections will do Lab 2). In Lab 2 the students who were patients week 1 will be doctors week2 and do the general exam.

Drs. Trachimowicz & Castells

Lab TAs

Dr. Lee is looking for lab TAs for Sensory Aspect of Vision II in the spring quarter. Hours are Wednesday, Thursday, and Friday afternoon, 1-3pm and 3-5pm. Please call him at 7174 and leave a message.

Neuroanatomy TAs and tutors

Are thoughts of amygdala, facial colliculus and brain sections dancing in your head? Well then sign up to be a neuroanatomy lab or tutor!

Neuro Labs are scheduled:
Tuesday 1-3 and 3-5 pm
Wednesday 1-3 and 3-5 pm
Thursday 1-3 and 3-5 pm

Just let me know by mail, email (Btrachim@eyeball.ICO.EDU) or phone (X7180).

Third and Fourth Year Students

Dr. Baker is looking for dependable 3rd and 4th years to TA the open labs on weekends or evenings. If interested please contact Dr. Baker.

Dr. Trachimowicz

Admissions Tour Guides Needed

Students interested in conducting admissions tours for the next academic year, even if you are a current tour guide, should complete an application. Applications are available from Sharon Uher in the Student Affairs Office.

Work-Study Position

Clinical Technician – Primary Care Suite 1
Second, Third, or Forth Year Students needed to assist with patient care. Hours flexible. Contact Dr. Sanford M. Gross at Ext. 7314. Thanks,
Dr. Gross

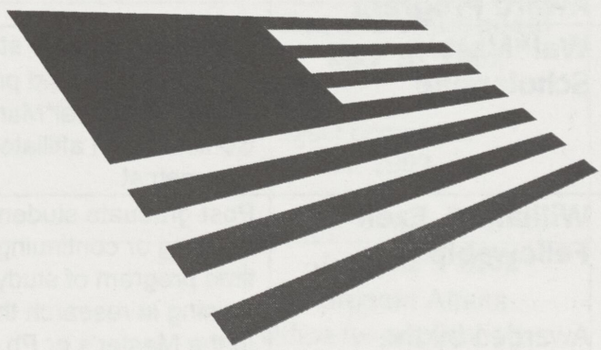
RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.**

Department of Veterans Affairs

Spokane Washington,
Primary Care and Ocular Disease
Contact Dr. Thomas Kavadias – 509-434-7032

Roseburg Oregon, VA Medical Center
Primary Care Optometry residency
Dr. Bryan Deck – 541-440-1000, ext 45789



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S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Students entering or who have entered a graduate/professional school who has been legally domiciled in the greater Chicago metropolitan area *Applications available December 1, 2001 - February 15, 2002- must write for info.*		**March 1, 2002**
Washington Association of Optometric Physicians (WAOP)	4th year student member		**March 1, 2002** Mail or Fax
Community Hospital of Ottawa Foundation (Illinois)	Residency within Community Hospital of Ottawa, IL Consideration to work in CHO service area	Up to $2,000	**March 1, 2002**
Essilor of America, Inc. and Varilux Student Grant Award Program	3rd and 4th year students – must do a case report on a patient fit with Varilux lenses	$500 (1 winner from each school)	**Due to Dr. Colip by March 4, 2002**
Wal*Mart Scholarship	2nd, 3rd and 4th year students - Financial need and previously employed at Wal*Mart Vision Centers or an affiliated optometrist	$1,000	**Due March 8th** Student Affairs Office
William C. Ezell Fellowship Awarded by the American Optometric Foundation	Post-graduate students entering or continuing a full-time program of study and training in research that leads to the Master's or Ph.D. degree	$8,000	**March 15, 2002** Applications are also available for downloading at www.exell.org
Femme Vitale Scholarship Odwalla Superfood	Women in health professions, in financial need.	$1,000 t0 4,000	**Postmarked March 1, 2002** **Go to** www.odwalla.com then to planet page and look for Femme Vitale Scholarship

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Hilda L. Rand Scholarship Maine Optometric Association	Students from Maine, financial need, scholastic achievement and character	$2,000	**Returned no later than April 1, 2002** Mrs. Margaret Brooks
John Gyles Education Awards	Available to Canadians and Americans.	Up to $3,000.00	**April 1st, 2002 June 1st, Nov 15th Self-addressed envelope to** John Gyles Education Awards Attn: The Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick, Canada E3B 5G4
Walman Optical Company Scholarship Scholarship Management Services	2nd or 3rd year Optometry students.	$500 t0 $3,000	**April 10, 2002** Postmark deadline
USA Funds Access to Education Scholarships™	Financial need,	$1,500 renewable each year	**April 15, 2002** e-mail scholarship@usafunds.org to download application or see Student Affairs Office
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on-line – www.niaf.org/scholarships
COVD Dr. Martin Kane Student Research Award program	Student/resident who submits best research project on the relationship of vision to learning Attend COVD Annual Meeting October 23-26, 2002	$750.00	**Receipt of proposal May 30, 2002** Project completed October, 2002
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need.		**June 25th, 2002** See Student Affairs Office for application

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Massage Therapy

Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

Massage at ICO is provided by Joanne Suriano, a certified structural therapist. Joanne's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, February 28 and Thursday, March 14.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness: Beat the Afternoon Slump

It's three o'clock. You can't concentrate and your energy is running low. You may be experiencing an afternoon slump. If you usually resort to candy or coffee to pull you through the rest of your day, you may want to try some of these healthy alternatives to keep you going.

Get Organized

Make sure to schedule your tasks throughout the day so that you can remain productive. If you are full of energy in the mornings, get most of your challenging work done then. Save simple, mechanical tasks for your down times. When you feel an afternoon slump coming on, you may just need a change of pace.

Eat a Power Lunch

Your lunch may not be powerful enough to last through your busy day. A lunch containing protein and dietary fiber will satisfy hunger longer. Add lean meat, poultry, tuna or other seafood, nuts or beans to a salad. Include whole grains; they are more nutrient-dense and provide more dietary fiber than refined grains, which will keep you satisfied for longer. Make your sandwich on 100 percent whole grain bread, or roll up your wrap in a whole-wheat tortilla. Replace empty-calorie cookies with a bunch of grapes or raw broccoli and cauliflower florets. These fruits and vegetables will help keep your energy level up throughout the afternoon.

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Take a Break

Don't automatically reach for food when you start to feel the afternoon slump approaching. A snack may provide a break, but it can also lead to undesirable weight gain. If you are not sure if you are actually hungry, first try to sneak in some exercise. Take a 10-minute walk around the block. Or do some stretches at your desk.



Sneak in a Snack

If you are truly hungry, have a healthy snack. True physical hunger is a signal that the body needs more fuel and, if ignored, will only get stronger and more out of control. Keep healthy snacks within easy reach. Try a piece of fruit, a handful of lowfat trail mix, a small container of yogurt, or some celery and carrot sticks. Snacking on fruits and vegetables has the added benefit of helping you to reach five or more servings a day – the amount recommended by the American Institute for Cancer Research (AICR) to help prevent cancer.



Want more ideas for healthy snacks? Order a free copy of "Sneak Health Into Your Snacks" by calling AICR at 1-800-843-8114 ext.10.



WORKSHOP!

RGP Envision Fitting
Sponsored by Polymer Tech and B&L
With guest speaker Dr. Steve Byrnes

March10, 2002, Sunday Afternoon
Cornea Center for Clinical Excellence
*Exact times to be announced,
Lunch Provided

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Call for Patients:

Are you, a friend, or a family member interested in trying RGPs? This may be your chance. We need about 30 patients to sit for a fitting workshop. If successful, you will receive free RGPs.

Call for Student Clinicians: (3rd and 4th years)

Do you want more practice fitting rigid lenses? Do you want to learn more about and work with the Envision aspheric lens design? Then sign up today! Space is limited.

Call Dr. Sonsino at x7283
or sign-up on his door.

Spring Quarter Fitness Class Schedule

Effective Monday, February 25, 2002

Mondays:

5:15 – 6:10
Cardio Step
Erica

6:15 – 7:30
Hatha Yoga
Rebecca

Tuesdays:

11:00 am – 12:00 pm
Step & Sculpt
Erica

Wednesdays:

5:15 – 5:45 pm
Intense Abs
Ferine

Thursdays:

11:00 am – 12:00 pm
Cardio Blast
Erica

Fridays:

12:00 – 1:00 pm
Hatha Yoga
Rebecca

Sundays:

9:00 – 9:30 pm
Intense Abs
Ferine

The fitness class schedule is subject to change with notice. All cancellations will be posted on the bulletin board outside of the gymnasium. Please call Amanda at x7460 if you have any questions or concerns on the class schedule, or if you would like to teach any classes.

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PRACTICE OPPORTUNITIES SYMPOSIUM

Friday, March 1, 2002
Lecture Center & Gym
1:00 P.M. to 6:00 P.M.

Don't miss this unique opportunity to look to the future and the opportunities it holds for you. Below is a list of some of the panelists and participants

Representatives from Private Practice, Group Practice, ICO Residency Programs, Corporate Practice, LV Specialty Practice, Academic, Hospital-Ophthalmology Practice, OD/MD Practice, Refractrive Surgical Practice, Peds Practice, Military, Research, etc. Also representatives from Cole Vision, Wal-Mart, Sterling Vision, Shopko, America's Best, Lenscrafters, US Vision, EyeGrads, US Air Force, U.S. Army, U.S. Navy, AOA, IOA and more.....

For more information please see Lynn in Student Affairs

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FOCAL POINT

ICO Student Newsletter **March 1, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Friday, March 15st. The submission deadline for that newsletter will be Wednesday, March 13th at 5:00 p.m.!

CAMPUS NEWS

Hotel Rooms



Have you reserved hotel rooms for graduation week for you and your family? If not, please do so ASAP, since that is a very busy week-end in Chicago because of the restaurant convention.

Attention Fourth Year Students

Commencement Activities

Mark your calendars for May 15th! We are planning a new event called the Capstone Program that we encourage all fourth year students to attend. The day will start with presentations from several companies that will be of benefit to you in your future practices. We will also incorporate cap and gown pick up, awards presentations, lunch and then rehearsal at Rockefeller Chapel (time to be announced) into the day. So plan on your day starting at approximately 9:30 am and rehearsal ending about 4 or 4:30 pm. Hope you will all make a point to attend the full day's activities.



Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 18. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2002 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel. Additional information regarding Commencement will be added to the Commencement Newsletter which will be distributed to your mailboxes within the next few weeks.

2002 Graduation Choir

Any faculty or 4th year students who would like to be part of this years graduation choir please contact Golie Roshandel either by e-mail at goliegolie@yahoo.com or place a note in box #620 at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Looking for an Off-Campus Job?

Interested in getting real world optometric experience? Then come check out our colorful newly revised and updated part-time job postings board on the pillar outside the Student Affairs Office. There are a variety of job opportunities available in private, corporate, & opthalmology settings. For more information or to contact one of the listings, please see Lynn Petrica in the Student Affairs Office, or call her at ext. 7413.

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Spring Tuition Bills



Spring tuition bills should be paid in full by Friday, March 8, 2002. You should receive a statement of your tuition account in your student mailbox by the first day of the Spring Quarter. In most cases, you should receive this with your refund check. If you need a bill before you leave for break, please feel free to stop in the Student Financial Services Office. For all students, tuition for the Spring Quarter is $7556, and the Student Association fee is $22, for a total of $7578.

As you are aware, our normal procedure is to send bills every month between the 8th and 10th of the month. In order to provide more specific information to each individual student, we will delay the billing process for about a week for the Spring Quarter. As a result, the bill you receive should reflect not only all your Spring Quarter charges (tuition, fees, room and board, etc.) but also all credits (scholarships, loans, etc.) We hope you will find this more relevant to your own needs, and it should be helpful for your own budgeting.

Again, if you would like a copy of your current statement of account before you leave campus, please stop in our office. Due to the delay in sending bills for the Spring Quarter, no late fees will be charged until after March 15, 2002.

Housing in the RC for Summer/Fall 2002



We are currently trying to assess housing needs of current students in the Residential Complex for both summer and next academic year. If you are interested in residing in the RC in either the summer and/or next year, please add your name, room and roommate preferences to the sign up sheet in the Student Affairs Office by Friday, March 22.

Library News

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

We are improving the library online catalog, iBistro! The library catalog has begun to list the latest issues that we have received of magazines and journals. For instance, if you typed in "Sports Illustrated," you would see a list of all the issues for January and February that are in the Library, including the swimsuit edition. As we gradually enter more journals into the system, you will be able to check the Library's webpage (off-campus at http://library.ico.edu) to check for the latest issues that have arrived for all your favorite periodicals.



Tax Forms

The Library has the 2001 tax forms on CD-ROM and some on paper as well.

Orientation 2002

Student Counseling & Enrichment Services

Beth Karmis, M.A.

What are you doing August 13th through 15th? Do you have an interest in being involved in the Orientation 2002 program? These are the kinds of opportunities I have available:

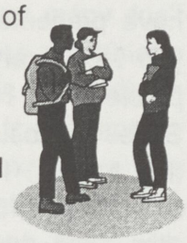
Master(s) of Ceremony

Do you (or you and a friend) love to be "front and center"? We've done different things with Orientation programming, but having an upperclassperson as the MC has been so favorably received, we'd like to continue it. It requires a comfort level with public presentations, a sense of humor (improv experience helpful), adaptability, and a handful of "this is what happened to me" stories. You'd have to be available for all 3 days of Orientation and for some time before Orientation week to get familiar with the schedule of events. We'd be open to considering a pair of MCs or even a team.

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Orientation Team Member

This is a very general assignment. I'd like for you to be around at the break times each day; help with the distribution of surveys each morning, and help when we break for meals. You're role is to provide direction, answer questions and help solve any problems if they arise during the program. You'll be identified early on in the program so the students know who you are.



Session or Event Leaders

If you only have a day or even a few hours to spare during that last week before the fall quarter, being a session or event leader is an ideal opportunity. We do international student breakaway sessions, commuting student jump-start breakfasts, ethics/professionalism discussion sessions, clinic tours (***highly rated, very popular), the Who's Who Fair, the Experience Chicago Outings, and much more.

All you need to do if you are interested in being involved in Orientation 2002 is to let me know. My intention is to have a fairly solid plan in place by the end of May, so the sooner you can tell me about your interest the better!

Ideas, Suggestions, and Recommendations

If you have specific feedback you'd like to share in regard to your Orientation experience, either give me a call at ext. 7415 or drop me a note.

American Academy of Optometry News:

Dr. Mary Flynn Roberts

Congratulations to the following recipients of a $400 student travel fellowship to attend the annual Academy meeting in Philadelphia! Dr. Janice Schanz, Dean of Academic Affairs, the Illinois Chapter of the Academy, and the ICO Student Chapter of the Academy sponsored the awards.

Bartimus, Christie
Chan, Elzie
Frank, Jeff
Glanville, Kristopher
Huff, Shelley
Hunter, Megan
Kern, Rachel
Lam, Anita
Rayman, Daniel
Rosanova, Laura
Schmaltz, Barbara
Spokaite, Monika
Walsh, Danae

The Illinois College of Optometry student body was well represented at the recent meeting of the American Academy of Optometry in Philadelphia, Dec. 6th – 10th. Twenty-seven 2nd, 3rd and 4th year students attended the meeting and 16 of these students (listed below) participated in the presentation of posters. Students also enjoyed the Student Welcome Reception and made residency contacts at the Networking Luncheon. The opportunity to attend lectures presented by optometrists and researchers, who are leaders in their respective fields, was a highlight of the meeting for many students. Additionally, students took the opportunity to speak one-on-one with the lecturers. One ICO student remarked, "Initially I wasn't sure what the AAO meeting was all about, but after coming to Philadelphia I don't think I'll miss another one!" These sentiments were echoed by many of the first time student attendees.

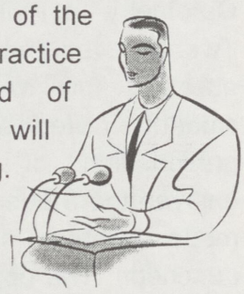
Bartimus, Christie
Chan, Elzie
Gillman, Mark
Glanville, Kristopher
Huff, Shelley
Hunter, Megan
Kern, Rachel
Lam, Anita
Nguyen, Tammy
Rayman, Daniel
Rosanova, Laura
Schmaltz, Barbara
Sirott, Michael
Sculley, Michael
Spokaite, Monika
Walsh, Danae

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Look for announcements regarding future Academy chapter events, including the Second Annual Illinois Spring Poster Session, coming soon. Also, mark your calendars for the Academy 2002 in San Diego, Dec. 12th – 16th.

Private Practice Panelist

The Private Practice club is having a meeting on Wednesday, March 20th, 2002 at 6:00pm in room 1200. This is our biggest meeting of the year which includes five panelists representing different modes of private organized by our new alumni director Dr. Brandys. These are some of the most well known private practice practitioners in the field of optometry. Food and drinks will be provided at this meeting. This meeting is for everyone, including faculty and administration.



St. Patrick's Day Party at Sluggers

On Saturday March 16th the Student Association is holding a fundraiser to celebrate St. Patrick's Day. The party is being held from 8pm to midnight at Sluggers (next to Wrigley Field). We will be selling tickets outside room 1200, Monday thru Friday from 11-1 pm for $20. All proceeds will go to the SA Scholarship Fund. The address and directions will be posted on the first and second years class boards.

Optirock 2002

Faculty and students are invited to the annual Optirock on Friday, April 5th, 2002. If you have any ideas, talents, skits, or you just want to make a fool of yourself, please drop Moe Eid (box 77) or Jeff Frank (box 83) a line with your idea. We will also have a blindspot featuring beer, wine, soda and pizza.

COVD-AOSA organization for the month of March

Dave Maze

"Any fool can criticize, condemn, and complain…and most fools do."-Dale Carnegie Since I have been at ICO various professors have presented many facts. For example if you took every child with a binocular vision problem or refractive error in the United States you could fill over 400,000 classrooms (I hope I got that right Bob). Strabismic/Amblyopic patients below the age of six make up ~5% of the population. Strabs ages 6-17 make up 6% vs 0.028% of retinal detachments. If you asked me what condition is responsible for more vision loss in patients under the age of 40 than all other ocular diagnosis **combined** I would answer amblyopia. Professors usually present these facts on the first day of classes to demonstrate the significance of the subject material. To some students these statements are interesting and confirm the demand for developmental optometrists. Unfortunately most students don't listen to these opening remarks or perhaps they just don't care.

After taking a few Dr. Lee courses one realizes that we are here to learn the complete visual system, not just the mechanism of sight. Optometrists view the physical characteristics of the eye itself as one component in the complex system of vision. As students we are taught the importance of not only diabetic retinopathy, but also the accommodative system and binocular vision. A fourth year student recently said to me "Vision therapy does not work, when I worked at an ophthalmologist's office he had established several cases where vision therapy had ruined kids sight." Statements such as these are a spit in the face of optometry. In optometry schools vision therapy is taught as a science. When optometric students start believing it is "voodoo" where do we stand as a profession? Do we question the effects of diabetes or hypertension that we are taught? Why is vision therapy any different?

As optometry students we should try to get the most out of our education. Learning about

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developmental optometry beyond the classroom might help some gain insight in a specialty they might have otherwise dismissed. The need is there and many don't know the amount of opportunities available to them. As optometrists we can treat vision therapy patients we don't have to just monitor a condition or refer to an expert-we are experts in vision. Developmental optometry is not limited to children; one can work with athletes in sports vision or work with post trauma patients in visual rehabilitation. I plea to the students at ICO don't ignore this vital part of our profession. Did all of those kittens with one eye sutured die in vain?

The college of optometrists in vision development is an international professional membership association of optometrists and vision therapy technicians. COVD was founded to provide educational programs and certification process for doctors and vision therapists who are prepared to offer state of the art service in behavioral and developmental vision care, vision therapy, and visual rehabilitation. Basic student membership is $10. To become a member contact Dave Maze (box 22), Erica Viator (box 288), or Liz Chu (box 328). This month Dr. W.C. Maples from Northeastern State College of Optometry will guest lecture on Thursday March 21 at 7:00 p.m. in room 1200. He will be giving a presentation on infant eye exams. I am also considering inviting local COVD fellows to create a panel and discuss current issues in developmental optometry. If this interests you let me know or leave a note in box 022.

Research Opportunities for Summer, 2002

All First Year Students

From: Dr. Gary A. Lesher

The University of Houston, College of Optometry and The New England College of Optometry have announced the availability of Summer Research Training Fellowships. Each of these institutions has materials that describe the program in some detail. Briefly, the programs provide a stipend for the summer months (May 13 to August 13 at $3765 for UH, and $4125 for NEWENCO) for an optometry student research trainee. The deadline for application for the UH positions is no later than March 11th, 2002. The deadline for application for the NEWENCO positions is no later than April 15th, 2002. If you would like more information please see me for application forms. This could be an excellent opportunity for a student interested in clinical and basic science research who would be in the area of these institutions.

Champagne Brunch

Contacts and Eyeglasses

America's Best is planning a Champagne Brunch for the 3rd and 4th year Optometry Students on Sunday, March 3, 2002 from 11:00 a.m. – 2:00 p.m. at the Palmer House Hilton. Flyers have been put in your mailboxes.

New Procedure for Fundraisers

Please fill out the form ***Request for Permission to Solicit Student Funds*** if you are doing a fundraiser for your club. They are available in the Student Affairs Office with the *Room Request form*. It will then be filled out and put in the mailbox of the Student Association to be reviewed and submitted with the *Room Request Form*.

Security Reminder



Do not give money or anything to panhandlers. All this will do is keep them coming back for more. If you are approached by one or see someone that you are not sure of return to the college and contact security at once.

Lockers

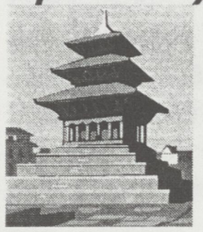
Attention Fourth Years Arriving On-Campus from Externships

If you are in need of a locker please stop by to see Kathy in the Student Affairs Office to

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register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

Peace Corps Opportunity in Optometry



Kathmandu, NEPAL

Mr. Tika Karki, former Deputy Director of Peace Corps/Nepal and now Senior Advisor, will be visiting the US in February and March 2002. He will be recruiting an Optometrist to teach at the BP Koirala Center for Ophthalmic Studies. If you would like to know more about this great humanitarian development opportunity, please let Lynn Petrica, Placement Office, as Tika will be in contact with her.

1983 Department of Ophthalmology was started at Tribhuvan University Teaching Hospital (TUTH).

1996 This grew to become a separate entity now known as the BP Koirala Center for Ophthalmic Studies (BPKLCOS).

1998 Bachelor of Optometry Course approved by Faculty
Board, making BPKLCOS the first to include a School of Optometry in Nepal.

1998 Ministry of Health, His Majesty's Government of Nepal, designates BPKLCOS as National Eye Health Manpower Training Center/National Center of Excellence for Eye Care.

1999 BPKLCOS takes a leadership role in Nepal's participation in the WHO's global initiative Vision 2020: The Right to Sight. This initiative challenges developing nations to target their main source of avoidable blindness, eliminating it by the year 2020.

2000 BPKLCOS graduates the nation's first optometrists.

BPKLCOS is the ophthalmic manpower training Center for Nepal. It currently has a faculty of twelve, but no one full-time in Optometry. There are twenty Ophthalmology Residents, and seventeen Optometry Students. Coming to the BPK Center as an Optometry Instructor through the Peace Corps offers you an enormous opportunity to impact eye health care in this developing nation for many years to come.

You will have the opportunity work as an optometrist in both rural and urban settings, in eye camps, and community outreach programs. Most importantly, you will be training the very first and future optometrists for the nation. Your informational and intellectual legacy will be carried on throughout the country in graduating optometrists, and passed on when a graduating optometry student stays on to teach at the Center.

CLASSIFIEDS

Attention All Second Year Students!

Optometry 2.3 Labs

The first week of classes only the Thursday and Friday lab sections will meet to do lab 1 which includes doing a general exam with add determination, trial framing, gonio and dilation. Please come prepared.
Week 2 all lab sections will meet (Mon-Wed lab sections will do
Lab 1; Thurs. and Fri labs sections will do Lab 2). In Lab 2 the students who were patients week 1 will be doctors week2 and do the general exam.
Drs. Trachimowicz & Castells

Lab TAs

Dr. Lee is looking for lab TAs for Sensory Aspect of Vision II in the spring quarter. Hours are Wednesday, Thursday, and Friday afternoon, 1-3pm and 3-5pm. Please call him at 7174 and leave a message.

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Neuroanatomy TAs and tutors

Are thoughts of amygdala, facial colliculus and brain sections dancing in your head? Well then sign up to be a neuroanatomy lab or tutor!

Neuro Labs are scheduled:
Tuesday 1-3 and 3-5 pm
Wednesday 1-3 and 3-5 pm
Thursday 1-3 and 3-5 pm

Just let me know by mail, email (Rtrachim@eyeball.ICO.EDU) or phone (X7180).

Third and Fourth Year Students

Dr. Baker is looking for dependable 3rd and 4th years to TA the open labs on weekends or evenings. If interested please contact Dr. Baker.
Dr. Trachimowicz

Admissions Tour Guides Needed

Students interested in conducting admissions tours for the next academic year, even if you are a current tour guide, should complete an application. Applications are available from Sharon Uher in the Student Affairs Office.

Work-Study Position

Clinical Technician – Primary Care Suite 1
Second, Third, or Forth Year Students needed to assist with patient care. Hours flexible. Contact Dr. Sanford M. Gross at Ext. 7314. Thanks,
Dr. Gross

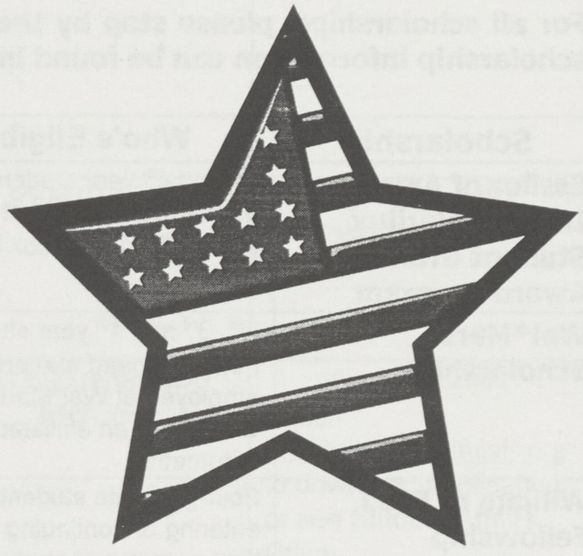
RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.**

Department of Veterans Affairs

Spokane Washington,
Primary Care and Ocular Disease
Contact Dr. Thomas Kavadias – 509-434-7032

Roseburg Oregon, VA Medical Center
Primary Care Optometry residency
Dr. Bryan Deck – 541-440-1000, ext 45789



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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Essilor of America, Inc. and Varilux Student Grant Award Program	3rd and 4th year students – must do a case report on a patient fit with Varilux lenses	$500 (1winner from each school)	**Due to Dr. Colip by March 4, 2002**
Wal*Mart Scholarship	2nd, 3rd and 4th year students - Financial need and previously employed at Wal*Mart Vision Centers or an affiliated optometrist	$1,000	**Due March 8th** Student Affairs Office
William C. Ezell Fellowship Awarded by the American Optometric Foundation	Post-graduate students entering or continuing a full-time program of study and training in research that leads to the Master's or Ph.D. degree	$8,000	**March 15, 2002** Applications are also available for downloading at www.exell.org
Optometric Society of Greater Kansas City	Students from Greater Kansas City area in second, third or fourth year of optometry school.	$500	**March 31, 2002**
Femme Vitale Scholarship Odwalla Superfood	Women in health professions, in financial need.	$1,000 to 4,000	**Postmarked March 1, 2002** **Go to** www.odwalla.com then to planet page and look for Femme Vitale Scholarship
Hilda L. Rand Scholarship Maine Optometric Association	Students from Maine, financial need, scholastic achievement and character	$2,000	**Returned no later than April 1, 2002** Mrs. Margaret Brooks
John Gyles Education Awards	Available to Canadians and Americans	Up to $3,000.00	**April 1st, 2002** **June 1st, Nov 15th** **Self-addressed envelope to** John Gyles Education Awards Attn: The Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick, Canada E3B 5G4

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Dr. Monty Friedow Memorial Scholarship South Dakota Affiliate of the American Foundation for Vision Awareness, and South Dakota Optometric Society	South Dakota Students entering their third or fourth year.	$1,000	**April 9, 2002**
Walman Optical Company Scholarship Scholarship Management Services	2nd or 3rd year Optometry students.	$500 t0 $3,000	**April 10, 2002** Postmark deadline
USA Funds Access to Education Scholarships™	Financial need,	$1,500 renewable each year	**April 15, 2002** e-mail scholarship@usafunds.org to download application or see Student Affairs Office
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on-line – www.niaf.org/scholarships
COVD Dr. Martin Kane Student Research Award program	Student/resident who submits best research project on the relationship of vision to learning Attend COVD Annual Meeting October 23-26, 2002	$750.00	**Receipt of proposal May 30, 2002** Project completed October, 2002
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need.		**June 25th, 2002** See Student Affairs Office for application

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Healthy All Over!

Mark your calendars for Tuesday, April 9—and be sure to attend the annual spring health fair! Scheduled events to date include seated massage, physical health screenings, emotional health screenings, one-on-one nutrition consultations with a registered dietitian, informational displays, free samples, raffle prizes, free healthy snacks, chiropractic screenings, and much more. Keep your eyes on your mailbox for more information!

Massage Therapy

Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

We are pleased to announce that Carol Suriano, certified massage therapist, will be providing massage at ICO beginning in March. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, March 14 and Thursday, March 28.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).



FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness: Eating Out, Healthfully

It can be tempting to use your night off from cooking as a night off from healthy eating habits as well. Luckily, today's restaurants offer many nutritious and delicious options for those interested in eating for lower cancer risk and better health. By avoiding common restaurant pitfalls, you can create a dining experience that is both healthy and delicious.

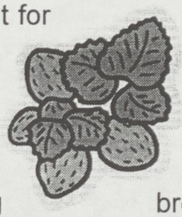


The first step in ordering a nutritious meal is to ask questions. If the menu doesn't state how dishes are prepared, ask your server.

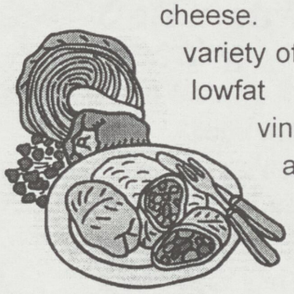
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Remember – you're the boss. Request that your food not be buttered before broiling, that a sauce be served on the side, or that a high-fat cheese to be melted on top be omitted.

To limit fat content, choose foods described as roasted, steamed, poached or stir-fried. Avoid foods described as buttery, sautéed, pan-fried or deep-fried, creamed, or au gratin. Watch out for cream, butter, cheese and hollandaise sauces as well.



At the salad bar, substitute nutrient-packed spinach or romaine leaves for iceberg lettuce. Steer clear of oily pasta salads, marinated bean mixtures, creamy high-fat dressings, and toppings such as bacon bits and cheese. Instead, try to choose a variety of colorful vegetables with a lowfat dressing or citrus vinaigrette. Add a small amount of unsalted seeds or nuts for a satisfying crunch.



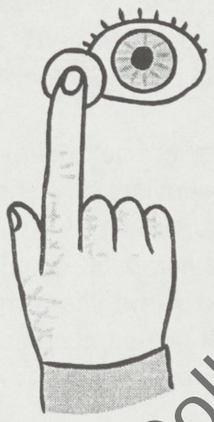
Break the habit of automatically adding salt to your dish. Savor the natural flavors of vegetables, fish, beans and grains. Ground pepper or a lemon wedge may all the extra flavor you need.



Instead of red meat, choose chicken or fish, or try a vegetarian entrée. Use your night out of the kitchen as an opportunity to experiment -- try an Indian curry, Asian stir-fry with tofu, or Mediterranean couscous. Seek out an unfamiliar grain (choose bulgar, barley, or brown rice) or bean (try white beans, chickpeas, or lentils).

For dessert, savor the natural sweetness of fruit. Or, if the chocolate torte is irresistible, limit your portion by splitting it with a friend.

Don't feel obligated to eat everything on your plate--share with a friend or request a doggie bag. Rather than focusing on splurging on extra-large portions of food, relish the atmosphere and experience of going out to eat.



WORKSHOP!

RGP Envision Fitting
Sponsored by Polymer Tech and B&L
With guest speaker Dr. Steve Byrnes

March 10, 2002, Sunday Afternoon
Cornea Center for Clinical Excellence
(Exact times to be announced,
Lunch Provided

Call for Patients:

Are you, a friend, or a family member interested in trying RGPs? This may be your chance! We need about 30 patients to sit for a fitting workshop. If successful, you will receive free RGPs.

Call for Student Clinicians: (3rd and 4th years)

Do you want more practice fitting rigid lenses? Do you want to learn more about and work with the Envision aspheric lens design? Then sign up today! Space is limited.

Call Dr. Sonsino at x7283 or sign-up on his door.

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FOCAL POINT

ICO Student Newsletter **March 15, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Wednesday, March 27st. The submission deadline for that newsletter will be Monday, March 25th at 5:00 p.m.!

CAMPUS NEWS

Accreditation Council on Optometric Education Meeting

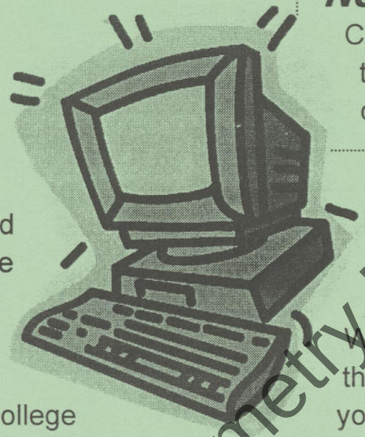
Dean Scharre

The Accreditation Council on Optometric Education (ACOE) will be on campus on March 18-20 to conduct its regularly scheduled seven-year site visit to ICO. The site team will be meeting with members of the College administration, faculty and students. They will also tour the College and the Illinois Eye Institute.

In preparation for the site visit the College developed an Institutional Self Study to address nine standards outlined by the ACOE. These documents were prepared with input from many areas of the College. If you are interested in seeing these documents one is on reserve in the library.

The Site Team will be having an open meeting with students on March 18th at 5:00 PM (room 1200) and with the Faculty on March 18th at 1:30pm in the Adam's Center.

Members of the site team include the chair, Dr. Littleton, Drs. Hicks, Kidd, Nishimoto, and Schwartz and the Illinois State Board observer, Dr. Sclafani and Ms. Joyce Urbeck. Please welcome them as you see them on campus.



New Computers

Check out the *nine* new computers that have arrived in the RC computer laboratory.

Health Services

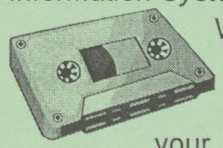
Remember that old saying? Tempus Fugit.

Well this is a friendly reminder to all the Third Year Students to make your appointment in Institutional Health Services at X7221 for your History and Physical for your Fourth Year Externships. Check with the various sites to see if you need any special blood work done before you begin to practice there. Please call if you have any concerns or questions.

Jeanne Dougherty
Family Nurse Practitioner, X 7229

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian



When you are stuck in traffic, or relaxing in the tub at home, you can increase your knowledge by listening to some of the Library's audio cassette collection. The Library has hundreds of cassette tapes on topics in ophthalmology and optometry. For instance, the Audio Digest: Ophthalmology tapes arrive every two

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weeks, and each have a theme such as "Bioterrorism" Vol. 39, Issue 23 or "Challenges in Glaucoma Management" (Vol. 39, Issue 20. For example, the "Neuro-Ophthalmology" V. 39, Issue 21 tape covered: Sixth nerve palsies, Optic neuritis and Ischemic optic neuropathy.

The Library also has tapes of presentations from meetings and conferences such as "Vision therapy technician education," by Richard Glonek and Lisa Glonek, which was part of the College of Optometrists in Vision Development 28th Meeting held in 1998 in San Diego, Calif.

Audio cassette tapes are shelved upstairs in the Media collection, and may be checked out for four weeks. Some of the tapes will be on display in the Library on the first floor, and also may be checked out.

Library Hours for Spring Recess

Wed, 3/27 8 am to 5 pm
Thu, 3/28 8 am to 5 pm
Fri, 3/29 Closed
Sat, 3/30 Closed
Sun, 3/31 Closed
Mon, 4/1 Regular hours resume

Bookstore Hours

Please note that the bookstore hours are 11am to 3pm Monday through Friday

Free Admission

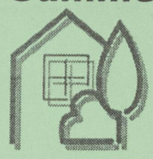
To the Vision Expo Trade Show in NY!

Wal*Mart has made available free admissions tickets to the International Vision Expo Trade Show in New York City. The exhibit dates are March 15-17, 2002. Wal*Mart will have an exhibit at Booth 3401. If interested information is available in the Student Affairs Office.

Security Reminder:

Please do not leave personal items in your vehicle in plain view. An empty box or bag can cause someone to break your window just to find out that the box or bag was empty.

Housing in the RC for Summer/Fall 2002



We are currently trying to assess housing needs of current students in the Residential Complex for both summer and next academic year. If you are interested in residing in the RC in either the summer and/or next year, please add your name, room and roommate preferences to the sign up sheet in the Student Affairs Office by Friday, March 22.

Hotel Rooms

Have you reserved hotel rooms for Commencement week for you and your family? If not, please do so ASAP, as that is a very busy weekend in Chicago because of the restaurant convention.

hot Rooms™

www.hotrooms.com Site for Reduced Hotel Rates

Try this Web Site before making your hotel reservations, www.hotrooms.com for reduced hotel prices.

Attention Fourth Year Students



Commencement Activities

Mark your calendars for May 15th! We are planning a new event called the Capstone Program that we encourage all fourth year students to attend. The day will start with presentations from several companies that will be of benefit to you in your future practices. We will also incorporate cap and gown pick up, awards presentations, lunch and then rehearsal at Rockefeller Chapel (time to be announced) into the day. So plan on your day starting at approximately 9:30 am and rehearsal ending about 4 or 4:30 pm

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 18. Rockefeller

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Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2002 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel. Additional information regarding Commencement has been included in the Commencement Newsletter which was distributed to your mailboxes last week.

2002 Commencement Choir

Any faculty or 4th year students who would like to be part of this year's Commencement choir please contact Golie Roshandel either by e-mail at goliegolie@yahoo.com or place a note in box #620 at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Looking for an Off-Campus Job?

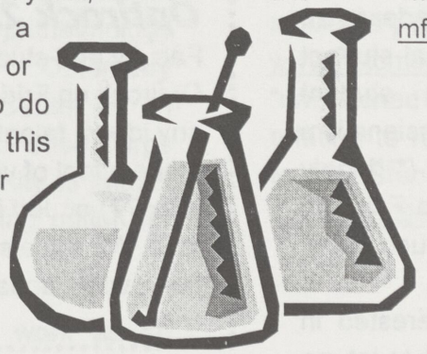
Interested in getting real world optometric experience? Then come check out our colorful newly revised and updated part-time job postings board on the pillar outside the Student Affairs Office. There are a variety of job opportunities available in private, corporate, & ophthalmology settings. For more information or to contact one of the listings, please see Lynn Petrica in the Student Affairs Office, or call her at ext. 7413.

All 3rd, 2nd, and 1st Year ICO Students

Beta Sigma Kappa Research Grants

I have just received the application forms for the Beta Sigma Kappa Student Research Grant program. This program provides $1000.00 toward student research projects. The deadline for application is May 1st, 2002. Any student interested in a research project for 4th year or any year student who wants to do research should look into this funding. Please contact me for all the info and an application or stop in the Student Affairs Office.

Dr. Lesher



Poster Session

The "Second Annual ICO/Illinois Poster Session and Academy Meeting" will take place on April 4th, 2002 at 5:00 PM. The Illinois State Chapter of the Academy and the ICO Student Chapter are sponsoring this joint meeting and poster session again this year. It will take place in the gym at ICO.

We would like to have as many AAO 2001 posters presented as possible, with the authors in attendance. If a student or resident was involved in your work as an author we would greatly appreciate their attendance to help answer questions from other students and residents.

The goals of the meeting are to:

1. Educate the students and residents regarding what a poster is, how to prepare a poster presentation, and to dispense information about submitting an abstract.
2. Increase the number of IL Chapter members - all Illinois Fellows (especially faculty) are eligible for membership. The dues are only $25. You can sign up at this meeting if you are not already a member of the state chapter.
3. Show off all of your hard work.
4. FELLOWSHIP

We will have wine and cheese or similar refreshments. Please contact Dr. Mary Flynn Roberts if you plan to attend or present a poster. Please feel free to invite other Illinois Academy Fellows to present their work. In order to plan for the appropriate space allotment, please have all presenters contact Dr. Mary Flynn Roberts. mflynn@eyecare.ico.edu

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Orientation 2002

Student Counseling & Enrichment Services

Beth Karmis, M.A.

What are you doing August 13th through 15th? Do you have an interest in being involved in the Orientation 2002 program? These are the sorts of opportunities I have available:

Master(s) of Ceremony

Do you (or you and a friend) love to be "front and center"? We've done different things with Orientation programming, but having an upperclassperson as the MC has been so favorably received, we'd like to continue it. It requires a comfort level with public presentations, a sense of humor (improv experience helpful), adaptability, and a handful of "this is what happened to me" stories. You'd have to be available for all 3 days of Orientation and for some time before Orientation week to get familiar with the schedule of events. We'd be open to considering a pair of MC's or even a team.

Orientation Team Member

This is a very general assignment. I'd like for you to be around at the break times each day; help with the distribution of surveys each morning, and help when we break for meals. You're role is to provide direction, answer questions and help solve any problems if they arise during the program. You'll be identified early on in the program so the students know who you are.

Session or Event Leaders

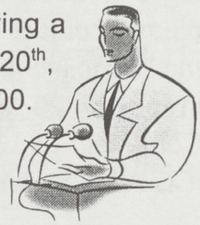
If you only have a day or even a few hours to spare during that last week before the fall quarter, being a session or event leader is an ideal opportunity. We do international student breakaway sessions, commuting student jump-start breakfasts, ethics/professionalism discussion sessions, clinic tours (***highly rated, very popular), the Who's Who Fair, the Experience Chicago Outings, and much more.

All you need to do if you are interested in being involved in Orientation 2002 is to let me know. My intention is to have a fairly solid plan in place by the end of May, so the sooner you can tell me about your interest the better!

Ideas, Suggestions, and Recommendations

If you have specific feedback you'd like to share in regard to your Orientation experience, either give me a call at ext. 7415 or drop me a note.

Private Practice Panelist



The Private Practice club is having a meeting on Wednesday, March 20th, 2002 at 6:00pm in room 1200. This is our biggest meeting of the year which includes five panelists representing different modes of private practice organized by our new Alumni Director, Dr. Brandys. These are some of the most well known private practice practitioners in the field of optometry. Food and drinks will be provided at this meeting. This meeting is for everyone, including faculty and administration.

St. Patrick's Day Party at Sluggers

On Saturday March 16th the Student Association is holding a fundraiser to celebrate St. Patrick's Day. The party is being held from 8pm to midnight at Sluggers (next to Wrigley Field). We will be selling tickets outside room 1200, Monday thru Friday from 11-1 pm for $20. All proceeds will go to the SA Scholarship Fund. The address and directions will be posted on the first and second year class boards.

Optirock 2002

Faculty and students are invited to the annual Optirock on Friday, April 5th, 2002. If you have any ideas, talents, skits, or you just want to make a fool of yourself, please drop Moe Eid (box 77) or Jeff Frank (box 83) a line with your idea. We will also have a blindspot featuring beer, wine, soda and pizza.

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New Procedure for Fundraisers

Please fill out the form ***Request for Permission to Solicit Student Funds*** if you are doing a fundraiser for your club. They are available in the Student Affairs Office with the *Room Request Form*. Once it is completed it will be submitted with the *Room Request Form* to the Student Association for approval. The final approval will be made by the Dean of Student Affairs.

Security Reminder



Do not give money or anything to panhandlers. All this will do is keep them coming back for more. If you are approached by one or see someone that you are not sure of return to the college and contact security at once.

Peace Corps Opportunity in Optometry

Kathmandu, NEPAL



Mr. Tika Karki, former Deputy Director of Peace Corps/Nepal and now Senior Advisor, will be visiting the US in February and March 2002. He will be recruiting an Optometrist to teach at the BP Koirala Center for Ophthalmic Studies. If you would like to know more about this great humanitarian development opportunity, please let Lynn Petrica, Placement Office, as Tika will be in contact with her.

BPKLCOS is the ophthalmic manpower training Center for Nepal. It currently has a faculty of twelve, but no one full-time in Optometry. There are twenty Ophthalmology Residents, and seventeen Optometry Students. Coming to the BPK Center as an Optometry Instructor through the Peace Corps offers you an enormous opportunity to impact eye health care in this developing nation for many years to come.

You will have the opportunity work as an optometrist in both rural and urban settings, in eye camps, and community outreach programs. Most importantly, you will be training the very first and future optometrists for the nation. Your informational and intellectual legacy will be carried on throughout the country in graduating optometrists, and passed on when a graduating optometry student stays on to teach at the Center.

CLASSIFIEDS

Admissions Tour Guides Needed

Students interested in conducting admissions tours for the next academic year, even if you are a current tour guide, should complete an application. Applications are available from Sharon Uher in the Student Affairs Office.

RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the 4th drawer in the cabinet on the South Wall.**

Attention fourth year students! Residency positions still available.

Although ORMS has completed the residency match there are still many opportunities to participate in residency programs. Approximately 40 residency positions remain vacant in a variety of settings including Veterans' Affairs facilities, optometry school clinics, referral centers and Indian Health Service facilities. For a current listing of available positions visit the ORMS web site at www.optometryresident.org and click on "unmatched programs". Any questions relating to residency training can be directed to Dr. Stephanie Messner at ext. 7015 or smessner@eyecare.ico.edu.



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S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
William C. Ezell Fellowship Awarded by the American Optometric Foundation	Post-graduate students entering or continuing a full-time program of study and training in research that leads to the Master's or Ph.D. degree	$8,000	**March 15, 2002** Applications are also available for downloading at www.exell.org
Hanson Financial Services Scholarship – 2002	Fourth Year ICO Students	$500	**March 25th, 2002** Submit papers to Student Affairs Office
Optometric Society of Greater Kansas City	Students from Greater Kansas City area in second, third or fourth year of optometry school.	$500	**March 31, 2002**
Hilda L. Rand Scholarship Maine Optometric Association	Students from Maine, financial need, scholastic achievement and character	$2,000	**Returned no later than April 1, 2002** Mrs. Margaret Brooks
John Gyles Education Awards	Available to Canadians and Americans.	Up to $3,000.00	**April 1st, 2002** **June 1st, Nov 15th** **Self-addressed envelope to** John Gyles Education Awards Attn: The Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick, Canada E3B 5G4
Dr. Monty Friedow Memorial Scholarship South Dakota Affiliate of the American Foundation for Vision Awareness, and South Dakota Optometric Society	South Dakota Students entering their third or fourth year.	$1,000	**April 9, 2002**
Walman Optical Co. Scholarship Scholarship Management Services	2nd or 3rd year Optometry students.	$500 t0 $3,000	**April 10, 2002** Postmark deadline

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USA Funds Access to Education Scholarships™	Financial need,	$1,500 renewable each year	**April 15, 2002** e-mail scholarship@usafunds.org to download application or see Student Affairs Office
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on-line – www.niaf.org/ scholarships
COVD Dr. Martin Kane Student Research Award program	Student/resident who submits best research project on the relationship of vision to learning Attend COVD Annual Meeting October 23-26, 2002	$750.00	**Receipt of proposal May 30, 2002** Project completed October, 2002
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need.		**June 25th, 2002** See Student Affairs Office for application

The Student Affairs Office has more information, so stop by and check it out!

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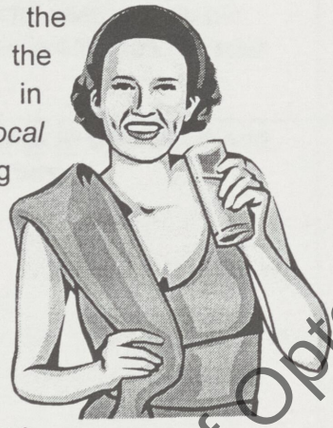
FITNESS CORNER

Healthy All Over!

Mark your calendars for Tuesday, April 9—and be sure to attend the annual spring health fair! Scheduled events to date include seated massage, physical health screenings, emotional health screenings, one-on-one nutrition consultations with a registered dietitian, informational displays, free samples, raffle prizes, free healthy snacks, chiropractic screenings, and much more. Keep your eyes on your mailbox for more information!

Group Exercise Classes

Don't forget that ICO offers a full range of group exercise classes, ranging from step to kickboxing to intense abs to hatha yoga. Schedules are posted on the bulletin board in the gymnasium, above the student mailboxes, in previous issues of *Focal Point*, or by calling Amanda at x7460.



Massage Therapy

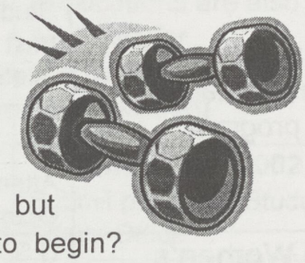
Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

We are pleased to announce that Carol Suriano, certified massage therapist, will be providing massage at ICO beginning in March. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, March 28 and Thursday, April 11.

FREE Personal Training



Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

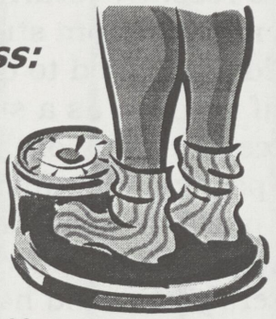
FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid.

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Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness: Fight the Fads



You have probably noticed (and maybe even tried) some of the latest fad diets flooding the American marketplace. Behind these quick-fix plans lies the notion that certain kinds of foods – such as sugar, bread and other carbohydrates – are "bad" or "fattening" and must be avoided.

But it's not an effective or healthy idea to start changing your meals according to the theory of best-selling diet books. Most of these plans call upon you to abandon the disease-fighting benefits of a diet rich in vegetables, fruits, whole grains and beans. In fact, plates that feature healthy portions of plant-based foods tend to be lower in calories and fat than plates recommended by many fad diets. When it comes to weight management, it is *total* caloric intake that counts, not any kind of magic "protein vs. carbohydrate" formula.

Why Don't They Work?

Here are some of the claims made by these low-carbohydrate diets, as well as the facts that explain why these diets don't work.

Claim: You experience immediate weight loss from a low-carbohydrate diet.

Fact: The initial weight drop is from the loss of water and muscle weight, not fat.

Claim: If you eat carbohydrates, your blood sugar will rise rapidly and your body will store the extra sugar as fat.

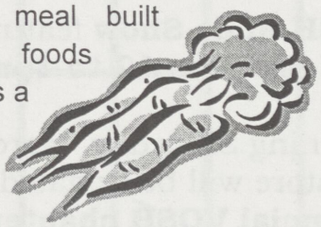
Fact: Any high-carbohydrate food eaten as a part of a balanced meal will contribute to a slow, steady rise in blood sugar, which meets your body's energy needs over time.

Claim: Following a low-carbohydrate diet will not have negative effects on your long-term health.

Fact: You increase your risk for heart disease, stroke and cancer when you pass up foods that contain antioxidants and phytochemicals, such as fruits, vegetables, whole grains and beans.

What's the Alternative?

The American Institute for Cancer Research (AICR) recommends reshaping your diet by simply looking at your plate. Two-thirds (or more) should be vegetables, fruits, whole grains and beans. One-third (or less) should be animal protein. This "New American Plate" features hearty plant-based meals with fewer calories than traditional meat-based meals. That's why it's possible to feel satisfied eating a meal built around plant-based foods and still work towards a healthy weight.



How do you start?

Increase the proportion of plant-based foods on your plate; gradually reduce your portion sizes; and add some regular exercise.

For tips about transitioning to a diet for a healthy weight and a healthy life, order a free copy of *The New American Plate* by calling AICR at 1-800-843-8114. This brochure features a collection of appetizing recipes to get you started.

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Svosh-ICO

Bring the World into Focus

As many of you may know, several ICO students recently returned from a mission trip to Honduras. Strikingly, the reply we most often heard from students and doctors alike as we shared our experiences, was "I would have liked to do something like that." I encourage you all to get involved with VOSH, if not now as a student then surely in whichever state or province you chose to practice in. Many of these trips need doctors more than anything else. As a student at ICO, participating in a mission trip is unlike any clinical experience you will ever have. You meet so many different doctors; learn about their education, their practices, and what got them involved in VOSH. In one week, you match or exceed the clinical encounters you would have in one quarter at ICO. We were able to see eye disease that up to then we had only seen in slides or books. The countries you visit are beautiful and the people you help regard you with so much gratitude and respect. I cannot begin to voice the impact such an experience had on those of us who participated. I invite you all to a SVOSH Slide Show featuring our mission trip to Honduras on Thursday, April 4th, from 12 to 1pm, in ROOM 1202.

Thank You,

Inez Reyna
SVOSH-ICO President

PLEASE MARK YOUR CALENDARS!

SVOSH Slide Show featuring our mission trip to Honduras to be held on **Thursday, April 4th, from 12 to 1pm, in ROOM 1202.**

Beginning Saturday, March 16th, the SVOSH bulletin board on the second floor by the bookstore will be updated to include our mission trip AND a **list of state and provincial VOSH chapters as well as VOSH internet sites, and upcoming local missions sponsored by VOSH-IL.**

If you are already involved in SVOSH or are interested in becoming a member or officer, a General Meeting will be held Thursday, March 21st, from 12 to 1pm, in ROOM 1202. Current officers will describe their responsibilities within the organization and be available to answer any questions you may have. Anyone can nominate themselves or another student for an executive position. If you are unable to attend the meeting please submit your nomination to Box 718. Nominations will be accepted until Tuesday, March 26th.

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SPRING QUARTER 2001 - 2002
EXAM SCHEDULE

REVISED Date: 1/02

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
DATE	FIRST YEAR ROOM 1201-1202	SECOND YEAR ROOM 1200-1203	THIRD YEAR ROOM 1200-1203
3/8 F		BHS 256 Ocular Pharmocology	
3/11 M	BHS 111 Neuroanatomy		
3/13 W	BHS 116.2 Human Physiology	BHS 263.2 Ocular Disease II	
3-15 F		BHS 263.1 Ocular Disease I	
3/20 W	CLE 162.3 Optometry 1.2	CLE 262.4 Binocular Anomalies	
3-21 TH			CLE 379 Infant/Child Development
3-22 F	BHS 140.2 Sensory Aspects of Vision	BHS 261 Physical Diagnosis	
3/25 M	CLE 170 Ophthalmic Optics		
3/26 T			CLE 376.2 Strabismus & Amblyopia II
3/27 W		BHS 256 Ocular Pharmocology	
4-3 W	BHS 111 Neuroanatomy	BHS 222 Theo & Physical Optics	
4-4 TH			BHS 364 Neuro-Ophthalmic Disorders

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SPRING QUARTER 2001 - 2002
EXAM SCHEDULE

REVISED Date: 3/11/02

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
DATE	FIRST YEAR ROOM 1201-1202	SECOND YEAR ROOM 1200-1203	THIRD YEAR ROOM 1200-1203
4/8 M	BHS 116.2 Human Physiology		
4-10 W	CLE 162.3 Optometry 1.2	BHS 263.2 Ocular Disease II	
4/15 M	CLE 170 Ophthalmic Optics		
4/17 W		BHS 263.1 Ocular Disease I	
4-18 W			BHS 364 Neuro-Ophthalmic Disorders
4-19 F		BHS 256 Ocular Pharmocology	
4/22 M	BHS 140.2 Sensory Aspects of Vision		
4-23 T			CLE 379 Infant/Child Development
4-24 W	BHS 111 Neuroanatomy	CLE 262.4 Binocular Anomalies	
4-26 F		BHS 222 Theo & Physical Optics	
4/29 M	BHS 116.2 Human Physiology		

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SPRING QUARTER 2001 - 2002
EXAM SCHEDULE

REVISED Date: 1/02

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
DATE	FIRST YEAR ROOM 1201-1202	SECOND YEAR ROOM 1200-1203	THIRD YEAR ROOM 1200-1203
4/30 T			CLE 376.2 Strabismus & Amblyopia II
5/1 W		BHS 261 Physical Diagnosis	
5/3 F		BHS 256 Ocular Pharmocology	

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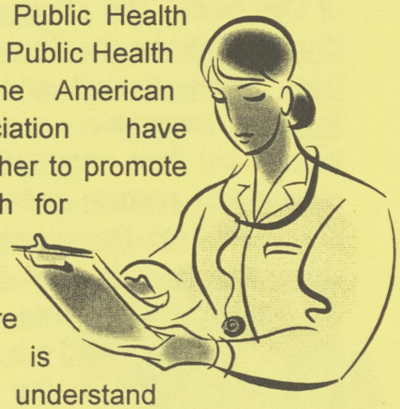
FOCAL POINT

ICO Student Newsletter **March 27, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Friday, April 12th. The submission deadline for that newsletter will be Wednesday, April 10th at 5:00 p.m.!

CAMPUS NEWS

National Public Health Week



April 1-7 is National Public Health Week! The American Public Health Association and the American Optometric Association have agreed to work together to promote optimal vision health for Americans. As optometrists, we are primary health care providers, and it is imperative for us to understand our role in public health. Check your mailboxes for an article discussing where optometry fits into public health. Contact Sima Lal (Box 202) to get more involved!

Healthy People 2010

This January of 2002, APHA and AOA signed a memorandum in DC promising to work with their state health departments and affiliates to incorporate the vision objectives of Healthy People 2010 into their state health plans. These objectives include increasing the number of vision screenings for preschoolers, reducing visual impairment caused by diabetic retinopathy and glaucoma, and preventing occupational eye injuries. The AOA and the APHA also pledged to exchange information, collaborate on vision health strategies, and increase awareness and appreciation of vision health. For more information, please visit www.apha.org or contact Sima Lal (Box 202).

American Academy of Optometry News

The Illinois State Chapter of AAO in conjunction with the Student Chapter of AAO is sponsoring our 2nd annual ILLINOIS SPRING POSTER SESSION on April 4th at 5:00pm in the ICO gymnasium. All faculty, staff and students are welcome to come. Refreshments and snacks will be available.

Student Association Update

Colleagues of the Year for 2001/2002

Congratulations to the following students voted Colleague of the Year by their class!

Class of 2002
Katherine Wallace
Class of 2003
F. Todd Perzy
Class of 2004
Ryan Haiar
Class of 2005
Liz Chu

Student Elections

Just a reminder that student elections for 2002/2003 will be held April 3rd and 4th. All of the candidates will be posted in the President's Circle Lounge. These people become your voice at faculty and board meetings so be sure to review their statements before you vote!

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Private Practice Club Meeting – March 20, 2002

Several students have requested contact information on the panel of private practice doctors who spoke at the last Private Practice Club meeting on March 20th. They would be happy to assist you, in the future, with any questions you may have on private practice. Hope everyone enjoyed this very informational and enlightening meeting. Our sincere thanks to Dr. Vince Brandys, Director of Alumni Relations, for his assistance in coordinating this impressive panel of doctors.

Dr. Gary Gray, Jr.
2490 N. Water Street Ste 16
Decatur, IL 62526-4245
217-875-4646
gggod1@aol.com

Dr. Steven Steinmetz
1000 E. Ogden Avenue
Naperville, IL 60563
630-355-9080
steve@eyepro.com

Dr. Pamela Lowe
6325 N. Milwaukee Avenue
Chicago, IL 60646
773-774-3939
plodeyes@aol.com

Dr. Dominick (Nick) Opitz
11824 Southwest Highway
Palos Heights, IL 60463
708-361-6141
dosee20@aol.com

Dr. John Fron
1053 E. 9th Street
Lockport, IL 60441
815-836-3937
jfron@concentric.net

Student Club/Organization Officers

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2002-03 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Optirock 2002

Faculty and students are invited to the annual Optirock on Friday, April 5th, 2002. If you have any ideas, talents, skits, or you just want to make a fool of yourself, please drop Moe Eid (box 77) or Jeff Frank (box 83) a line with your idea. We will also have a blindspot featuring beer, wine, soda and pizza.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

The Library provides resources if you want to keep up with life outside of the Illinois College of Optometry. The Library subscribes to the Chicago Tribune, the Chicago Sun-Times, the Wall Street Journal and Crain's Chicago Business newspapers and displays them on the second floor near the windows and the recreational reading collection. The Library also purchases Newsweek, Time Magazine, Consumer Reports, and Chicago Magazine as well. For sports fans, Sports Illustrated, ESPN, and Golf World are provided (the latter two are donated to the Library.) Aspiring entrepreneurs can check out Smart Money, Kiplinger's Personal Finance, and Worth magazines. Those interested in the natural world can read National Geographic, Sierra, or Scientific American magazines. The Library even has the publication, Smart Computing in Plain English for those who want to read up on computers and the Internet.

The Library continues to acquire vision materials as well. New books for this month include:

Contact Lens Practice, edited by Nathan Efron. RE977.C6C575 2001

Handbook of Glaucoma, edited by Azuara-Blanco. RE871.H36 2001

Ocular Tumors in Animals and Humans, edited by Peiffer and Simons. RC280.E9 O29 2002

LASIK Complications: Prevention and Management, edited by Gimbel and Penno.

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RE342.G5 2001
Key Topics in Ophthalmology, 2nd ed.
RE50.T3 2001
{This book is geared towards assisting those taking post-graduate examinations in ophthalmology, and may be useful for those studying for their optometric board examinations.}

Library Hours for Spring Recess

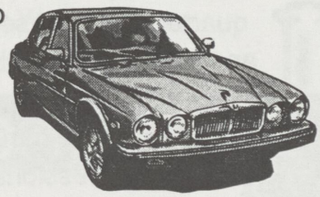
Wed, 3/27 8 am to 5 pm
Thu, 3/28 8 am to 5 pm
Fri, 3/29 Closed
Sat, 3/30 Closed
Sun, 3/31 Closed
Mon, 4/1 Regular hours resume

Bookstore Hours

Please note that the bookstore hours are 11am to 3pm Monday through Friday

Security Reminder:

Please do not leave personal items in your vehicle in plain view. An empty box or bag can cause someone to break your window just to find out that the box or bag was empty.



Hotel Rooms

Have you reserved hotel rooms for Commencement week for you and your family? If not, please do so ASAP, as that is a very busy weekend in Chicago because of the restaurant convention.

hot Rooms .com™

www.hotrooms.com Site for Reduced Hotel Rates

Try this Web Site before making your hotel reservations, www.hotrooms.com for reduced hotel prices.

Health Services

Remember that old saying?
Tempus Fugit.
Well this is a friendly reminder to all the Third Year Students to make your appointment in Institutional Health Services at X7221 for your History and Physical for your Fourth Year Externships. Check with the various sites to see if you need any special blood work done before you begin to practice there. Please call if you have any concerns or questions.
Jeanne Dougherty
Family Nurse Practitioner, X 7229

Attention Fourth Year Students



Commencement Activities

Mark your calendars for May 15th! We are planning a new event called the Capstone Program that we encourage all fourth year students to attend. The day will start with presentations from several companies that will be of benefit to you in your future practices. We will also incorporate cap and gown pick up, awards presentations, lunch and then rehearsal at Rockefeller Chapel (time to be announced) into the day. So plan on your day starting at approximately 9:30 am and rehearsal ending about 4 or 4:30 pm

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 18. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2002 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel. Additional information regarding Commencement has been included in the Commencement Newsletter which was distributed to your mailboxes last week.

2002 Commencement Choir

Any faculty or 4th year students who would like to be part of this year's Commencement choir please contact Golie Roshandel either by e-mail at goliegolie@yahoo.com or place a note in box #620 at your earliest convenience.

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Come join us on this exciting day to sing the ICO Alma Mater.

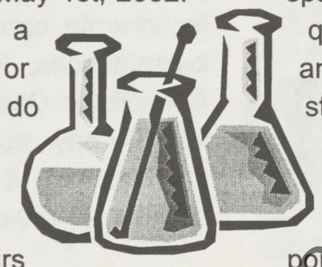
Looking for an Off-Campus Job?

Interested in getting real world optometric experience? Then come check out our colorful newly revised and updated part-time job postings board on the pillar outside the Student Affairs Office. There are a variety of job opportunities available in private, corporate, & ophthalmology settings. For more information or to contact one of the listings, please see Lynn Petrica in the Student Affairs Office, or call her at ext. 7413.

All 3rd, 2nd, and 1st Year ICO Students

Beta Sigma Kappa Research Grants

I have just received the application forms for the Beta Sigma Kappa Student Research Grant program. This program provides $1000.00 toward student research projects. The deadline for application is May 1st, 2002. Any student interested in a research project for 4th year or any year student who wants to do research should look into this funding. Please contact me for all the info and an application or stop in the Student Affairs Office.



Dr. Lesher

Orientation 2002

Student Counseling & Enrichment Services

Beth Karmis, M.A.

What are you doing August 13th through 15th? Do you have an interest in being involved in the Orientation 2002 program? These are the sorts of opportunities I have available:

Master(s) of Ceremony

Do you (or you and a friend) love to be "front and center"? We've done different things with Orientation programming, but having an upperclassperson as the MC has been so favorably received, we'd like to continue it. It requires a comfort level with public presentations, a sense of humor (improv experience helpful), adaptability, and a handful of "this is what happened to me" stories. You'd have to be available for all 3 days of Orientation and for some time before Orientation week to get familiar with the schedule of events. We'd be open to considering a pair of MC's or even a team.

Orientation Team Member

This is a very general assignment. I'd like for you to be around at the break times each day; help with the distribution of surveys each morning, and help when we break for meals. You're role is to provide direction, answer questions and help solve any problems if they arise during the program. You'll be identified early on in the program so the students know who you are.

Session or Event Leaders

If you only have a day or even a few hours to spare during that last week before the fall quarter, being a session or event leader is an ideal opportunity. We do international student breakaway sessions, commuting student jump-start breakfasts, ethics/professionalism discussion sessions, clinic tours (***highly rated, very popular), the Who's Who Fair, the Experience Chicago Outings, and much more.

All you need to do if you are interested in being involved in Orientation 2002 is to let me know. My intention is to have a fairly solid plan in place by the end of May, so the sooner you can tell me about your interest the better!

Ideas, Suggestions, and Recommendations

If you have specific feedback you'd like to share in regard to your Orientation experience, either give me a call at ext. 7415 or drop me a note.

New Procedure for Fundraisers

Please fill out the form ***Request for***

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Permission to Solicit Student Funds if you are doing a fundraiser for your club. They are available in the Student Affairs Office with the *Room Request Form*. Once it is completed it will be submitted with the *Room Request Form* to the Student Association for approval. The final approval will be made by the Dean of Student Affairs.

CLASSIFIEDS

Admissions Tour Guides Needed
Students interested in conducting admissions tours for the next academic year, even if you are a current tour guide, should complete an application. Applications are available from Sharon Uher in the Student Affairs Office.

RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

ICO Announces a New Residency Program!

ICO is teaming up with The Chicago Lighthouse for People who are Blind or Visually Impaired to offer a residency program in Low Vision Rehabilitation and Ocular Disease. This 53-week program, beginning July 1, 2002, will provide advanced competency training in low vision at The Lighthouse, an interdisciplinary clinical setting. This program also emphasizes the diagnosis, treatment and management of ocular disease, with a focus on those conditions that frequently result in vision loss. This aspect of the program is provided at the Illinois Eye Institute's Center for Advanced Ophthalmic Care. In addition to patient care, the resident will benefit from a variety of educational and research opportunities. If you would like to learn more about this program, contact Dr. Stephanie Messner at ext. 7015.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Hilda L. Rand Scholarship Maine Optometric Association	Students from Maine, financial need, scholastic achievement and character	$2,000	**Returned no later than April 1, 2002** Mrs. Margaret Brooks
John Gyles Education Awards	Available to Canadians and Americans.	Up to $3,000.00	**April 1st, 2002 June 1st, Nov 15th Self-addressed envelope to** John Gyles Education Awards Attn: The Secretary P.O. Box 4808, 712 Riverside Drive Fredericton, New Brunswick, Canada E3B 5G4

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Dr. Monty Friedow Memorial Scholarship South Dakota Affiliate of the American Foundation for Vision Awareness, and South Dakota Optometric Society	South Dakota Students entering their third or fourth year.	$1,000	**April 9, 2002**
Walman Optical Co. Scholarship Scholarship Management Services	2nd or 3rd year Optometry students.	$500 t0 $3,000	**April 10, 2002** Postmark deadline
USA Funds Access to Education Scholarships™	Financial need,	$1,500 renewable each year	**April 15, 2002** e-mail scholarship@usafunds.org to download application or see Student Affairs Office
S.A. Scholarship	ICO Students – submit paper	$500	**By April 30, 2002** In Student Association Mailbox
Alberta Association of Optometrist Scholarship Awards	Alberta Canadian Students	$500	**April 30, 2002**
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on-line – www.niaf.org/scholarships
AFVA – Michigan Affiliate	Resident of Michigan and in third year of Optometry school	$1,000 or more	**May 1st, 2002** Mailed to Mary Bellows Copy of application can be found on web at mioptassn.org or in Student Affairs Office
COVD Dr. Martin Kane Student Research Award program	Student/resident who submits best research project on the relationship of vision to learning Attend COVD Annual Meeting October 23-26, 2002	$750.00	**Receipt of proposal May 30, 2002** Project completed October, 2002
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need.		**June 25th, 2002** See Student Affairs Office for application

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Healthy All Over!

Mark your calendars for Tuesday, April 9—and be sure to attend the annual spring health fair! Scheduled events to date include seated massage, physical health screenings, emotional health screenings, one-on-one nutrition consultations with a registered dietitian, informational displays, free samples, raffle prizes, free healthy snacks, chiropractic screenings, and much more. Keep your eyes on your mailbox for more information!

Group Exercise Classes

Don't forget that ICO offers a full range of group exercise classes, ranging from step to kickboxing to intense abs to hatha yoga. Schedules are posted on the bulletin board in the gymnasium, above the student mailboxes, in previous issues of *Focal Point*, or by calling Amanda at x7460.

Massage Therapy

Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

We are pleased to announce that Carol Suriano, certified massage therapist, will be providing massage at ICO beginning in March. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, April 11 and Thursday, April 25.



FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design.

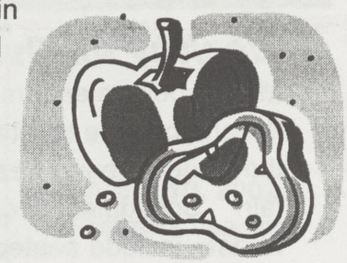
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Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness:

Small Steps to Preventing Bone Loss

Osteoporosis is a disease that continues to affect 1 in 10 Americans, usually Caucasian and Asian women over the age of 50, with healthcare costs of over $14 billion a year. It is a silent disease that can result in symptom-free bone loss over a number of years, causing a person's bones to become weak and fracture-prone. Preventing bone loss starts with maintaining a proper diet, participating in physical activity, and eliminating smoking.



Maintaining a proper diet for good bone health takes more than just upping your calcium intake. Don't forget to include phosphorus, magnesium, fluoride, vitamin D and vitamin K in your diet. For more information on osteoporosis and on nutrition and health for improved bone health, visit the International Food Information Council Foundation web site at www.ific.org.

--ACSM's Health and Fitness Journal, March/April 2002





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$ Scholarship

Win $500

Your ICO Student Association is proud to announce the 1st annual
Student Association Scholarship.

Over the past two years, your support and participation in fundraisers such as the golf outings and St. Patrick's Day parties, have helped to raise enough money to make this new scholarship an annual tradition. Congratulations!

This award is open to all ICO students (except SA members, of course) who prepare an essay answering the question proposed below. One winning essay, as determined by the Student Association Executive Board, will be awarded **$500**.

Please answer the following:

You are the Dean of Admissions. Applications to health professional schools are at an all time low, how would you promote the profession of optometry in order to encourage more qualified applicants? Specifically, what would you and the admissions team at the Illinois College of Optometry do to attract exceptional students at the college level? At the high school level?

- All entries must be no more than 1000, no less than 250 words, typed and double-spaced. Place your ID # only (no names to keep things anonymous) in the top right corner of each page.
  Essays that do NOT comply with the above guidelines will not be accepted.

Essays may be turned into the Student Association mailbox and must be received by **April 30th, 2002 at 4:00pm**!

Good Luck!!

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FOCAL POINT

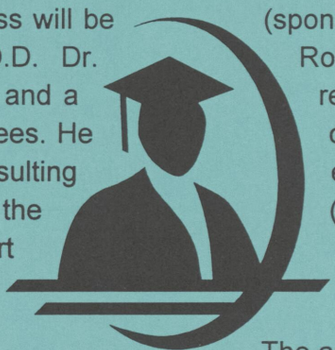
ICO Student Newsletter **April 12, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Friday, April 26th. The submission deadline for that newsletter will be Wednesday, April 24th at 5:00 p.m.!

CAMPUS NEWS

Commencement Speaker

This year's Commencement Address will be given by Richard S. Kattouf, O.D. Dr. Kattouf is a 1972 graduate of ICO and a member of the ICO Board of Trustees. He is also the founder of two consulting companies and developed one of the largest solo, state of the art optometry practices in the country.



Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 18. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2002 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

4th Year Capstone Program

We would like to update you on the new event the Student Affairs Office is putting together for your Class called the Capstone Program. The program is being designed to provide ICO's new graduates with information that will be important to you as you transition from being a student to practitioner. We will be inviting companies to participate that we know will have important information (and perhaps a few goodies!) to share with you.

The date is Wednesday, May 15th and the day will start at 12:10 p.m. as your entire class is welcomed aboard the Chicago Trolleys (sponsored by Welch-Allyn) to whisk you to Rockefeller Chapel for commencement rehearsal. In year's past parking at U of C during the week has been extremely (agonizingly!) difficult (imagine circling for hours for a parking spot as your classmates rehearsed!).

The agenda for the day is listed below:

12:10 Board trolleys to Rockefeller Chapel
1:00 Commencement rehearsal begins promptly
3:30 Board trolleys to return to ICO
4:00 Capstone presentations - Lecture Center
5:00 Awards presentations - Lecture Center
5:15 Opportunity for class to visit sponsor tables
5:45 Dinner (sponsored by America's Best) - On campus
6:30 Cap & Gown Pick Up - President's Circle Lounge (one-time distribution)

We are sure you will enjoy this day filled with beneficial information, a chance to visit with classmates you have not seen in awhile and to just enjoy each other's company before Commencement on Saturday. Plan now to attend!
Lynn Petrica & Sharon Uher

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New SA Officers

Here is next year's SA line up:
President: Andrea McCann
President-Elect: Liz Chu
Secretary: Kelly Van Haaften
Treasurer: Amy Birr
AOSA Trustee: Ryan Haiar
AOSA Trustee-Elect: Lindsay Luker
2nd Year Class Reps: Trudy Metcalfe & election pending
3rd Year Class Reps: Kamran Ahrar & Mai Nguyen
4th Year Class Reps: Moe Eid & Jeff Frank
Director of Community Health & Community Service: Katie Garvey
Director of Intramural Sports: election pending
Director of Student Note Service: Carol Lee
Director-Elect of Student Note Service: Rezah Mohamed

New Resident Assistants

Congratulations to the new Resident Assistants beginning Fall - 2002 through Spring 2003:

Head RA
Mike Lopykinski

Floor RA's
Jaime Okamura
Lyndsay Hunter
Adam Klemens

Attention RC Residents:

RC residents requesting to stay past the checkout deadline of May 17th, 5 p.m. should complete a Request for Extension form which is available in the Student Affairs Office.

Honor Roll



The following full-time students achieved superior academic performance during the Winter, 2001 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

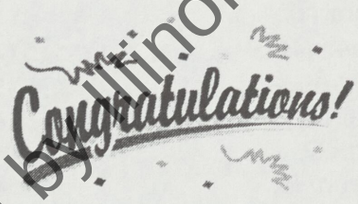
Al-Bekai, Monzer	Y1
Albrecht, Kirsten	Y4
Alibhai, Sofiya Z.	Y1
Amundson, Erika K.	Y1
Anderson, Valerie R.	Y1
Ansari, Shayma R.	Y3
Arrants, Alison A.	Y3
Avinashi, Pavan	Y3
Babayeva, Karina	Y2
Bachmeier, Erik S.	Y3
Bajaj, Neil K.	Y2
Baker, Joshua C.	Y1
Balko-Rivera, Erin M.	Y2
Ball, Kelly M.	Y3
Bartimus, Christina A.	Y4
Barton, Tausha L.	Y4
Becker, Kimberly S.	Y4
Behan, Robert E.	Y4
Bellen, John P.	Y1
Birk, Marcella L.	Y4
Bityou, Linda	Y4
Bloomberg, David I.	Y4
Bosjolie, Angela L.	Y4
Bowen, Lisa M.	Y3
Brand, Jason E.	Y4
Brightman, Brian D.	Y4
Broschak, Mathew J.	Y1
Burkhardt, Jacqueline A.	Y2
Cannon, Kristin K.	Y1
Carlsson, Chad A.	Y3
Chan, Ceida P.	Y2
Chu, Angela	Y1
Chu, Corinne K.Y.	Y4
Clemenson, Andriena F.	Y4
Colander, Brian M.	Y1
Consiglio, Cindy L.R.	Y4
Contreras, Daniel	Y3
Coward, David J.	Y2
Davids, Jill S.	Y2
Demarchi, Donald A.	Y3
Demers, Michael S.	Y2
Dhiman, Kamaljit	Y4
Doeden, Gina M.	Y4
Duong, Nghi U.	Y1
Ebrahim, Amina	Y4
Eisner, Mallary D.	Y3
Elam, Jennifer L.	Y3
Elston, Phillip R.	Y1
Erickson, Kendra D.	Y1
Fang, Michelle S.	Y4
Francis, Lori Ann M.	Y4
Frank, Jeffrey B.	Y3
Franzeen, Blake B.	Y4
Frederick, Laura	Y2
Frisbie, Laura M.	Y1
Frohlich, Douglas L.	Y4

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Fuller, Lisa J.	Y1
Gafour, Eiman Y.	Y3
Gallagher, Maria A.	Y1
Ganz, Liad	Y3
Garcia, Adriana	Y4
Garey, Jason T.	Y1
Genovese, Lisa M.	Y4
Genuario, Kristy	Y3
Gill, Ramandeep	Y3
Gillman, Mark D.	Y4
Glover, Clarissa	Y4
Goffron-Kluge, Joy	Y4
Gonzalez, Rosemary A.	Y1
Grenier, Paul J	Y4
Gunina, Mariya	Y1
Hafner, Jason M.	Y4
Hagerman, Kara	Y3
Hamer, Jonathan D.	Y4
Hanno, Elizabeth K.	Y1
Healy, Beth N.	Y3
Hirji, Rahim	Y3
Hogan, Jamie N.	Y4
Holdinghausen, Karmen M.	Y3
Holdorf, Ryan J.	Y4
Hood, Alison L.	Y3
Hotsenpiller, Katalin B.	Y3
Hsu, Alice Y.	Y4
Hunter, Lyndsay J.	Y1
Hunter, Megan A.	Y4
Huston, Christopher T.	Y4
Hyderi, Atha A.	Y4
Johnson, Kyle D.	Y3
Jones, Jason R.	Y4
Judisch, Jonathan P.	Y3
Kaniaris, Margarita G.	Y1
Kapadia, Prashant D.	Y3
Karrer, Julie E.	Y1
Kasmer, Kathleen M.	Y2
Kehler, Karl B.	Y4
Kennedy, Scott R.	Y4
Kim, Michelle H.	Y2
Kinlund, Laura C.	Y3
Klemens, Adam B.	Y1
Knight, Curtis P.	Y4
Kubicki, Leon F.	Y1
LaBrosse, Deana R.	Y1
Lam, Anita S.W.	Y4
Lam, Leonard C.	Y1
Lam, Vu	Y3
Lau, Man-Kin	Y4
Le, Natalie	Y4
Lee, Nellie T.	Y4
Lee, Stephanie H.	Y4
Lee, Susana M.	Y3
Lele, Priya A.	Y4
Lewis, Luis	Y1
Licht, Courtney D.	Y3
Lo, Philip	Y4
Luker, Lindsay A.	Y1
Lupfer, Alexa R.	Y4
Ly, Dat	Y4
Lynne, David N.	Y3
Makela, Andrew D.	Y2
Maley, Jessica J.	Y4
Manongdo, Sarah S.	Y1
Mapitse, Thabo D.	Y4
Marlowe, Megan G.	Y1
Marsden, Allison M.	Y4
Mason, Laura L.	Y3
Mathes, Marcie J.	Y1
McCann, Andrea L.	Y2
McEleney, Kathleen L.	Y4
Melikian, Arbi M.	Y3
Miesner, Nicole R.	Y2
Miller, Christopher T.	Y3
Mohamed, Rezah	Y1
Mohana, Tarek	Y4
Myalil, Shinu P.	Y1
Narayan, Sasha N.	Y2
Ng, Lisa W.	Y3
Nguyen, Jade	Y4
Nguyen, Mai N.	Y2
Nguyen, Mindy C.	Y1
Nguyen, Tammy T.	Y4
Nobles, Zachary S.	Y3
Novotny, Jill	Y3
Nunemaker, Eric S.	Y4
O'Neill, Sean P.	Y4
Okabe, Michelle M.	Y2
Okamura, Jaime R. K.	Y2
Palm, Andrew S.	Y3
Patsamarn, Shanida	Y4
Peterman, Jesse N.	Y1
Pham, Tony D.	Y3
Pilon, Andrew F.	Y3
Pitts, Amy L.	Y4
Polasek, Anne F.	Y4
Prajapati, Hiten P.	Y3
Raval, Roshnee G.	Y4
Rayman, Daniel K.	Y3
Reinhold, Sheila A.	Y3
Renner, Chad E.	Y4
Reynolds, Sarah L.	Y4
Rhinehart, Kirstin P.	Y3
Ritter, Heather A.	Y1
Robe, Jennifer M.	Y4
Rockwell, John C.	Y4
Rosanova, Laura M.	Y4
Rottinghaus, Charles A.	Y1
Saeed, Faheemah A.	Y1

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Sanford, Sue Ann	Y1
Santos, Karen T.	Y2
Schmaltz, Barbara A.	Y4
Schmidt, Robb W.	Y3
Sharma, Alok	Y1
Sheetz, Brandon D.	Y4
Shleyfer, Larisa	Y1
Sirott, Michael J.	Y4
Sleiman, Wasim M.	Y4
Slowey, Laura J.	Y3
Son, Jina J.	Y3
Spokaite, Monika	Y4
Stalboerger, Gina	Y2
Stalzer, Brandon G.	Y2
Stewart, Edward G.	Y4
Stone, Andrew N.	Y4
Streiff, Lavender S.	Y3
Swanson, Rhonda K.	Y3
Syed, Shakil M.	Y4
Teeter, Robert A.	Y1
Templeman, Carrah D.	Y1
Thompson, Kelly R.	Y1
Thompson, Sean K.	Y4
Toomey, Shannon C.	Y3
Trackwell, Melanie J.	Y1
Trivedi, Unnati C.	Y3
Turna, Mandeep	Y3
Ubhi, Sukhdeep	Y4
Unger, Scott A.	Y2
Vetter, Brooke L Baker	Y3
Vincelli, Nicholas C.	Y1
Walck, Emily M.	Y2
Waldorf, Julie M.	Y3
Wallace, Katherine S.	Y4
Walsh, Danae D.	Y4
Warren, Danielle F.	Y2
Weibert, Julie M.	Y1
Wiese, Maureen J.	Y3
Williams, Benjamin E.	Y3
Willis, Chad E.	Y1
Wilson, Lisa L.	Y1
Wilson, Ryan J.	Y3
Wong, Kenneth K.W.	Y4
Youlden, Eric J.	Y3
Young, Lisa M.	Y1
Youngwirth, Brandy	Y1
Zipperstein, Shira M.	Y2



Seniordoc/Juniordocs Web Site

I'm pleased to announce the availability of the Seniordoc Student Match program, a system that's designed to help juniordocs painlessly network with seniordocs.

It can be a great tool for seniordocs who are looking to bring eager young associates on board, or for those docs who just want to keep in touch with the "next generation" of graduates.

And it can help juniordocs from having to go through the torture of cold-calling dozens of practices before getting a sympathetic ear.

Signing up to use it is easy, and takes less than 5 minutes.

For all the scoop, go to:
http://www.seniordoc.org/match.php

Thanks for your time, and remember that without your help, the system can't function!
Adam Farkas

Cell Phones and the Library

Is your cell phone a disruptive influence to students studying in the Library? The Library would like to remind users to be courteous to their colleagues. Please change the ringer to vibrate and move to the Library patio or the lobby outside the library when you use a cell phone. Thank you for being mindful of your fellow students.



Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Spring is here! The daffodils are blooming in the courtyard and new books are popping up in the Library like flowers. We have a bouquet of new books for you this week. Foremost is the new Basic and Clinical Science Course series from the Foundation of the American

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Academy of Ophthalmology. The 13 volume set are shelved in RE46.A6 2002 and includes the:

- Update on General Medicine
- Fundamentals and principles of ophthalmology
- Optics, refraction, and contact lenses
- Ophthalmic pathology and intraocular tumors
- Neuro-ophthalmology
- Pediatric ophthalmology and strabismus
- Orbit, eyelids and lacrimal system
- External disease and cornea
- Intraocular inflammation and uveitis
- Glaucoma
- Lens and cataract
- Retina and vitreous
- Master Index

Other new books available are:
Simos, Panagiotis G. Vision in the brain: basic data, operative techniques [QP475.S555 2002].
Evans, Bruce J. W. Dyslexia and vision [RJ496.A5E93 2001]
Gomez Leal, Alfredo. *The atlas of ophthalmology.* [RE71.G65 2002].

For those thinking of where you want to practice, the *Comparative Guide to American Suburbs: covers over 2,200 suburban communities in the 50 largest metro areas--with rankings.* [Ref. HA214.C6 2001] might give you some ideas.

We also were donated a book with accompanying cassette tapes on family discipline: Jones, James J. *Your children will whistle while they work!: a new approach to teaching children responsibility* [HQ755.8.J66 1998].

Security Reminder:



Please do not leave personal items in your vehicle in plain view. An empty box or bag can cause someone to break your window just to find out that the box or bag was empty.

Health Services

This is a friendly reminder to all the Third Year Students to make your appointment in Institutional Health Services at X7221 for your History and Physical for your Fourth Year Externships. Check with the various sites to see if you need any special blood work done before you begin to practice there. Please call if you have any concerns or questions.
Jeanne Dougherty
Family Nurse Practitioner, X 7229

Student Club/Organization Officers

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2002-03 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Looking for an Off-Campus Job?

Interested in getting real world optometric experience? Then come check out our colorful newly revised and updated part-time job postings board on the pillar outside the Student Affairs Office. There are a variety of job opportunities available in private, corporate, & ophthalmology settings. For more information or to contact one of the listings, please see Lynn Petrica in the Student Affairs Office, or call her at ext. 7403.

Orientation 2002

Student Counseling & Enrichment Services
Beth Karmis, M.A.
What are you doing August 13th through 15th? Do you have an interest in being involved in the Orientation 2002 program? These are the sorts of opportunities I have available:

- ✓ Master(s) of Ceremony
- ✓ Orientation Team Member
- ✓ Session or Event Leaders

All you need to do if you are interested in

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being involved in Orientation 2002 is to let me know. My intention is to have a fairly solid plan in place by the end of May, so the sooner you can tell me about your interest the better!

Ideas, Suggestions, and Recommendations

If you have specific feedback you'd like to share in regard to your Orientation experience, either give me a call at ext. 7415 or drop me a note.

New Procedure for Fundraisers

Please fill out the form ***Request for Permission to Solicit Student Funds*** if you are doing a fundraiser for your club. They are available in the Student Affairs Office with the *Room Request Form*. Once it is completed it will be submitted with the *Room Request Form* to the Student Association for approval. The final approval will be made by the Dean of Student Affairs.

Wisconsin Optometric Association

Joleen Breunig, Director of Member Services

The Wisconsin Optometric Association knows that optometry students represent the future of optometry. The association offers free membership to students who are residents of Wisconsin. Phone 800/678-5357 fax (608/274-8646) or email woaoffic@mcleodusa.net to obtain application membership.

CLASSIFIEDS

Admissions Tour Guides Needed

Students interested in conducting admissions tours for the next academic year, even if you are a current tour guide, should complete an application. Applications are available from Sharon Uher in the Student Affairs Office.

RESIDENCIES

***For more detailed information regarding these residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
USA Funds Access to Education Scholarships™	Financial need,	$1,500 renewable each year	**April 15, 2002** e-mail scholarship@usafunds.org to download application or see Student Affairs Office
S.A. Scholarship	ICO Students – submit paper	$500	**By April 30, 2002** In Student Association Mailbox
Alberta Association of Optometrist Scholarship Awards	Alberta Canadian Students	$500	**April 30, 2002**

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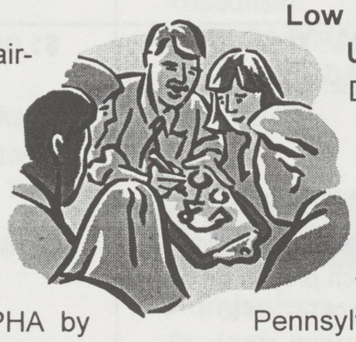
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on-line – www.niaf.org/ scholarships
AFVA – Michigan Affiliate	Resident of Michigan and in third year of Optometry school	$1,000 or more	**May 1st, 2002** Mailed to Mary Bellows Copy of application can be found on web at mioptassn.org or in Student Affairs Office
COVD Dr. Martin Kane Student Research Award program	Student/resident who submits best research project on the relationship of vision to learning Attend COVD Annual Meeting October 23-26, 2002	$750.00	**Receipt of proposal May 30, 2002** Project completed October, 2002
NOA **John L. Howlette and C Clayton Powell Student Founders Award**	NOSA Member 1st, 2nd or 3rd year optometry	$500.00	**May 31st, 2002**
NOA **Cave Memorial Award**	NOSA member	$500.00	**May 31st, 2002**
NOA **Dr. Robert Johnson Binocular Vision/Vision Therapy Award**	Current NOSA Member, community involvement and 300 word or less paper. For 1st, 2nd, 3rd, or 4th year students	$500.00	**May 31st, 2002** Lpricedavid@netscape.net See Student Affairs Office for application
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need.		**June 25th, 2002** See Student Affairs Office for application
Wisconsin Foundation of Vision Awareness/ Wisconsin Optometric Association	WI resident for 3 years, transcript, AOSA	500.00	**August 15, 2002**

The Student Affairs Office has more information, so stop by and check it out!

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FACULTY NEWS

ICO Faculty Assumes Leadership Position in APHA



Dr. Val Conrad is now the Chair-Elect of the Vision Care Section of the American Public Health Association. APHA has been instrumental in supporting many of optometry's efforts to provide our patients with the best care possible. Support APHA by joining the Vision Care Section today!

Chosen for Leadership Training

The AOA has chosen only 9 optometrists in the nation to participate in the AOA's Leadership Train the Trainer Program. Dr. Dominick M. Maino recently went to the James McGregor Burns Academy of Leadership at the University of Maryland for several days of intensive training. He and his colleagues will then train others across the country for the AOA Optometric Leadership Institute program.

ICO Faculty in the AOA News

Dr. Val Kattouf's picture was featured in an AOA News story regarding Save Your Vision Month and a video the AOA released to the hundreds of television stations across the country via satellite. She discussed the importance of children's eye examinations. Dr. Jan Jurkus was also quoted in the AOA News on the redesign of the magazine.

Featured in Primary Care Optometry News

Dr. Dominick M. Maino was interviewed for an article in Primary Care Optometry News ("When properly executed, in-office computer systems can help improve care"). As a recognized expert in the area of technology and optometry, Dr. Maino is frequently sought out by various organizations to lecture or write about computers and technology in optometry.

Low Vision Faculty Active in the US and Singapore

Dr. Tracy Matchinski recently returned from Singapore. She presented 12 hours of Low Vision Rehabilitation lectures to optometric students. This trip was co-sponsored by Pennsylvania College of Optometry. International studies program and the Singapore Optometric Association. Dr. Derrald Taylor instructed thirty early intervention specialists in the anatomy of the eye and visual system and the functional effects of vision loss for the Vision Inservice in America program in Oconomowok, WI He chaired a panel at the annual IL Association for Education and Rehabilitation of the Visually Impaired regarding clarification of teacher and doctor roles in addressing visual impairment and also presented a poster on Teen Driving and Low Vision. Dr. John Rimkus and Dr. Michael Zost were panel members too. Dr. Taylor is starting his 26th year of semiannual pediatric low vision services at the IL School for Visually Impaired in Jacksonville. Approximately 80 children are served each year. ICO faculty and residents participate in each clinic.

ICLC Gets New ICO Editorial Board Member

Dr. Janice Jurkus just been appointed to the Editorial Board of International Contact Lens Clinic (ICLC). This journal is a referred publication that is undergoing a major revision and should be one of the foremost publications in the ophthalmic field. Part of her responsibilities will be to encourage manuscript submission. If you have papers or case reports that are

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about anterior segment or contact lens topics and would like a rapid response and publication please let her know. She will be happy to work with you to see your paper in ICLC! Contact Dr. Jurkus at jjurkus@ico.edu for more information.

ICO at Heart of America

Six hours of continuing education lectures were given by Dr. Dominick M. Maino at the Heart of America Contact Lens and Primary Care Congress held in Kansas City, MO this past February. More than 930 doctors and 300 paraoptometrics were in attendance at this outstanding regional meeting.

American Academy of Optometry Acknowledges ICO's Presence

ICO's faculty had more than 34 presentations at the American Academy of Optometry meeting this past December. Here is a listing of the primary authors and their poster titles. Please contact any of our faculty for more information:

Jane A. Bachman – Retinal Detachment Secondary to Proliferative Diabetic Retinopathy in a Third Trimester Pregnancy

Sandra S Block – Results of a Comprehensive Vision Screening of Special Olympic Athletes in Ecuador

Elyse L. Chaglasian - Pediatric CMV Retinitis Associated with Aplastic Anemia

Elzie C. Chan – A New Infrared Photographic Method Using Digital Camera Technology to Detect and Record Transillumination Defects of the Iris

Valarie L Conrad - The Use of Patient Satisfaction Surveys and Comparison to Improve Patient Experiences

Mary Flynn Roberts - Pattern Dystrophy: A Case Report and Review

Kristopher L Glanville - Illinois Eye Institute Versus Photodynamic Therapy Clinical Trials: A Measure of Visual Acuity Levels Post Photodynamic Therapy

Sanford M Gross – Helicoid Peripapillary Chorioretinal Degeneration in a Patient of Mixed Racial Heritage

Sanford M Gross – The Benefit of Clinical Objectives for Student Clinical Assessment

Janice M. Jurkus – Optometry on Television: College & Public Service

Joan M. Sears - Utilizing Community-Based Education Rotations to Provide Comprehensive Clinical Education Experiences

Anne K. Spies - Acute Retinal Pigment Epithelitis – A Case Report

Anne K. Spies – The Prevalence of Periocular Lesions in African–American Patients

Bruce A Teitelbaum – Spontaneous Hyphema Secondary to Coumadin Abuse

Megan Ann Hunter – Bilateral Marcus Gunn Jaw-Winking in a Child with Developmental Delay

Jill C Ingelse - Clinical Opservation: Head Turns Associated with Uncorrected Astigmatism

Valerie M Kattouf – When Vision Therapy is not Successful: A Case of Myasthenia Gravis



Tricia Newman - Asymptomatic Homonymous Hemianopsia Secondary to Parenchymatous Neurocysticercosis

Barbara A Schmaltz – Survey of Primary School Educators: Their Knowledge of Vision Problems in Students

Janis E. Winters - Accommodative and Vergence Difficulties Interfering with Image Clarity Through a Binocular Indirect Ophthalmoscope

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Jane A. Bachman - Management of Bilateral Hereditary Familial Retinoblastoma

Tina M. Brandonisio Investigation of Myopic Progression in the Optometry Students Over a Four Year Didactic Optometric Curriculum

Michael A. Chaglasian - Chronic Angle Closure Glaucoma in Younger African-Americans

Casey L. Hogan - Mixed Connective Tissue Disease with Bilateral Mid-peripheral Corneal Thinning-A Case Report

Wanda N Lam - Classification of Posterior Corneal Topography in Keratoconus

Daniel K. Roberts - High-Resolution Ultrasound Biomicroscopy in a Group of African-Americans with the Pigment Dispersion Syndrome

Danae D Walsh - Comparison of the Welch Allyn Suresight to the Nikon

Dr. Kelly Frantz lectured on "Prescribing Prism for Binocular Vision Disorders" during the AAO/Ellerbrock Continuing Education Program and co-authored two posters as well. Dr. Dominick M. Maino was also an Invited presenter during the AAO Pediatric Ocular Disease Symposium and participated in the Ellerbrock CE program by lecturing on "To BV or Not to BV: VT in the Primary Care Office" and "Diagnosis & Management of Special Populations".

Faculty Serve on AAO Committees

Dr. Kelly Frantz serves on the BV, Perception and Pediatric Optometry Section and is Chair of the Diplomate Program for the section, Dr. Mary Flynn Roberts is a Chapter Committee member, Dr. Janice Jurkus is on the Communications Committee and Dr. Dominick M. Maino serves on the Admittance Committee of the Academy.

Publications as ICO's Presence

ICO's faculty

Dr. Dominick M. Maino coordinated the theme issue of Optometric Education, Journal of the Association of Schools and Colleges of Optometry and published the following articles"

Maino D, Steele G, Tahir S, Sajja R, Attitudes of optometry students toward individuals with disabilities. Optom Ed 2002;27(2): 45-50.

Maino D. ASCOTECH: Online resources for special populations. Optom Ed 2002;27(2):42-43.

Maino D. Special populations in the optometric curriculum. Optom Ed 2002; 27(2):38-39.

Articles published by faculty include:

Teitelbaum B, Haefs R, Connor D. Interobserver variability in the estimation of the cup/disk ration among observers of differing educational background. Optometry 2001;72(11):729-732.

Lorenzana IJ, Frantz KA. Optometric co-management of a traumatic brain injury patient. J Cog Rehab 2001;19(3):P6-10.

Flynn MF, Fishman GA, Anderson RJ, Roberts DK. Longitudinal study of visual acuity change in patients with retinitis pigmentosa. RETINA, Dec 2001;21(6):639-646.

Castells D, Teitelbaum B, Tresley D. Visual changes secondary to initiation of amiodarone: A case report and review involving ocular management in cardiac polypharmacy. Optometry 2002;73:113-21

Reeder R, Mika R. The performance of 2 different hydrogel lenses in symptomatic dry eye contact lens patients. ICLC 2000: 27:47?51

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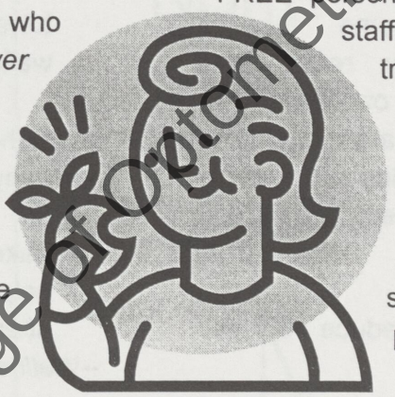
Research
Dr. Dan Roberts and colleagues continue to work on "Factors in Expression of the Pigment Dispersion Syndrome," an ongoing multi-project program to explore the etiologies involved in the development of pigment dispersion syndrome and pigmentary glaucoma.

SECO 2002
ICO participated in the exhibit hall of SECO. Drs. Mark Colip and Vince Brandys staffed the booth along with Mr. Anthony D'Andrea, Vice President of Development. ICO hosted an alumni reception on Friday evening, where over forty people attended. Dr. Charles Mullen and Dr. Jan Scharre greeted alums and friends of the College. Door prizes were given away and posters featuring the new changes at ICO were on display.

FITNESS CORNER

Healthy All Over!

Thanks to the following people who helped make *Healthy All Over* ,ICO's annual spring health fair, a success: Jeanne Dougherty, Gerry Dujsik, Bonnie Grummel, Beth Karmis, and Bill Kastanes. Your contributions were appreciated by the entire ICO community!



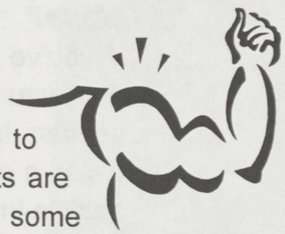
Massage Therapy
Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

We are pleased to announce that Carol Suriano, certified massage therapist, will be providing massage at ICO beginning in March. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, April 25 and Thursday, May 9.

FREE Personal Training



Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

FREE Fitness Services
We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility

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analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness:

Is Muscle Pain Cramping Your Style?

If you've experienced a "charley horse," then you know what it feels like to have sudden, intense pain in your leg. This is called a muscle cramp. It occurs when the muscle involuntarily contracts and doesn't relax. You may suddenly get a muscle cramp during exercise or even at night while you sleep.

The exact cause of muscle cramps is unknown. However, some theories suggest that they may result from dehydration, low levels of calcium or potassium, or inadequate stretching before exercise. Focusing on these possible causes can prevent the sudden attack of a muscle cramp.

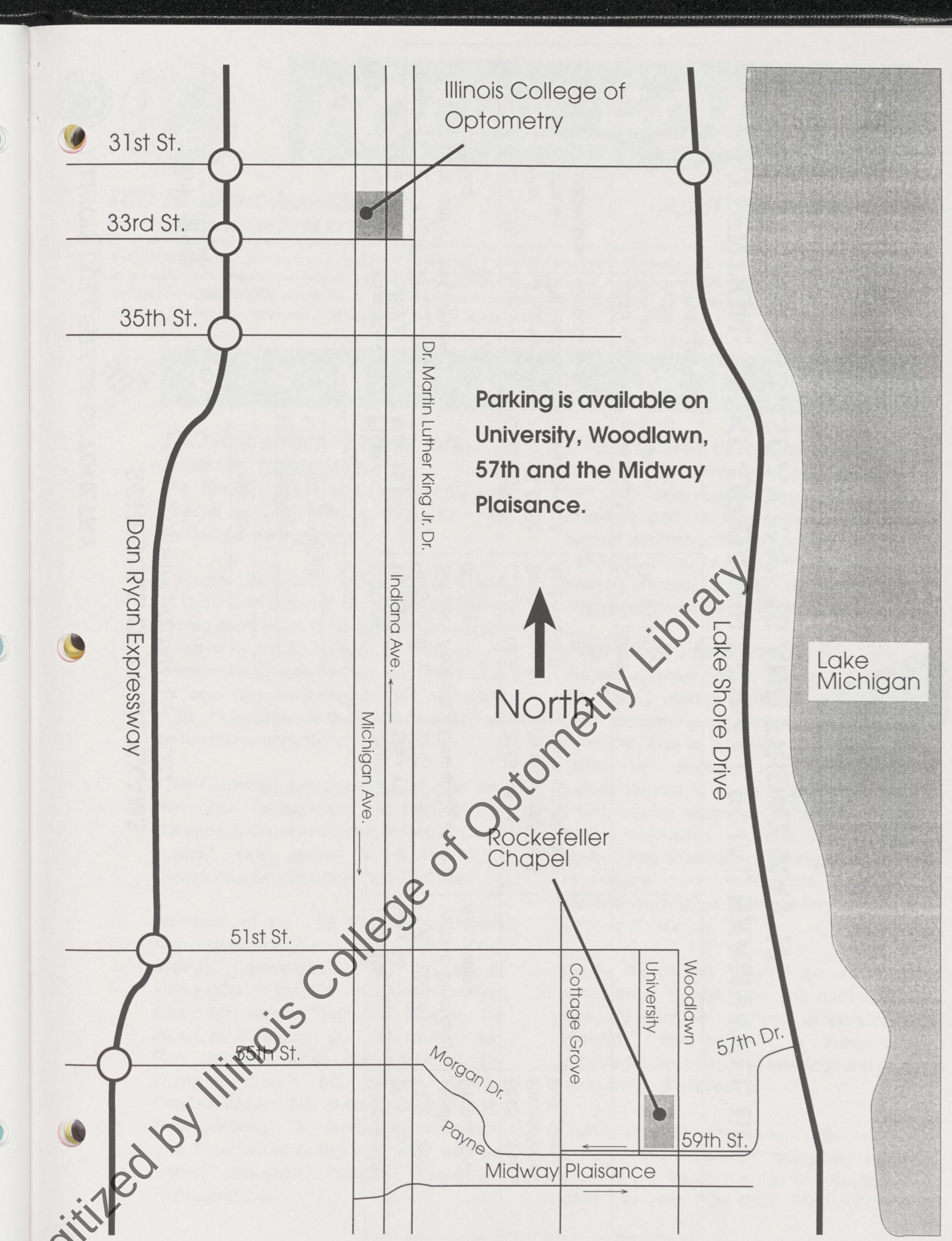
Here are some ideas to reduce your risk of muscle cramps:

- ✓ Stretch before and after exercising.
- ✓ Drink plenty of liquids before, during, and after physical activity.
- ✓ Eat more calcium and potassium-rich foods. Low-fat dairy products are a good source of calcium, while foods like bananas, whole-grain cereal, citrus fruits, and fresh vegetables are rich in potassium.
- ✓ Stretch your muscles before going to bed so cramps don't wake you up at night.
- ✓ If a muscle cramp does suddenly occur, try these tips:
- ✓ Massage the cramping muscle gently but firmly.
- ✓ Stretch the muscle. If you have a leg cramp, sit with your leg straightened out on the floor and pull your toes toward you. If you have a foot cramp, walk on it.
- ✓ Drink extra water to lessen dehydration.
- ✓ Take acetaminophen or ibuprofen to help alleviate any pain that continues after the cramp.

--Wellness Councils of America



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ILLINOIS COLLEGE OF OPTOMETRY

SCHEDULE OF FINAL EXAMS

SPRING QUARTER, 2002

March 27, 2002

	Monday
	May 6th
1:45 – 3:45	BHS-255 Immunology

	Wednesday	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday
	May 8	**May 9**	**May 10**	**May 11**	**May 13**	**May 14**	**May 15**
9:00 – 11:00	CLE – 170 Ophthalmic Optics	CLE – 162.3 Optometry		BHS – 140.2 Sensory Aspects of Vision	BHS – 263.2 Ocular Disease II	CLE – 262.4 Intro to Binocular Anomalies	CLE – 294 Health Promotions
1:45 – 3:45	BHS – 256 Ocular Pharm & Therapeutics	BHS – 222 Theoretical & Physiologic Optics	CLE – 379 Infant & Child Development	CLE – 376.2 Strabismus & Amblyopia II	BHS – 111 Neuroanatomy & Neurophysiology		BHS – 116.2 Physiology & Pathology
4:00 – 6:00		BHS – 364 Neuro-ophthalmic Disorders	BHS – 261 Physical Diagnosis	BHS – 263.1 Ocular Disease I			

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE THURSDAY MAY 16 AND FRIDAY MAY 17.

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FOCAL POINT

ICO Student Newsletter **April 26, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next newsletter will be published on Friday, May 10th. The submission deadline for that newsletter will be Wednesday, May 8th at 5:00 p.m.!

CAMPUS NEWS

ICO Announces Presidential Search Underway

The Illinois College of Optometry (ICO) is pleased to announce that its search for a new president is well underway.

A Presidential Search Committee was formed in December following Dr. Mullen's decision to step down at the conclusion of his contract. Directed by the ICO Board of Trustees, the Presidential Search Committee is responsible for identifying, screening, and recommending a list of candidates to the Board who will vote on the recommendations.

"The Committee has been very pleased with the number of applicants and the quality of the applicant pool as we search for ICO's next leader," said James R. Butler, O.D., Presidential Search Committee Co-Chair.

Members of the ICO Presidential Search Committee are Dr. James Butler (ICO Trustee) Committee Co-Chair, Dr. Joseph Henry (ICO Trustee Emeritus) Committee Co-Chair, Mr. Michael Favia (ICO Trustee), Dr. Albert H. Rodriguez, Jr. (ICO Trustee), Mr. Ron Campbell (Staff Representative), Dr. Donovan Crouch (ICO Alumni Council Representative), Dr. Janice Jurkus (Faculty Representative), Dr. Janice Scharre (Dean, Vice President of Academic Affairs), and Mr. Robert Steinmetz (Student Association Representative).

Three Presidential Candidates are scheduled for on campus interviews on April 24, 25 and 26th. ICO Student input is a welcome and important part of this process, and ICO student leadership will be meeting with each candidate. If you have input to this important search process, please see your Class Representative or SA Board member.

From The Mailroom:



We are approaching the end of the Spring quarter. Fourth year students are counting down the days to graduation. Third year students are looking forward to the last FINAL and the beginning of their externship travels. Second year students are getting ready to assume duties in the IEI. First year students are ready to go home for the last full summer of vacation.

During all of this activity, the mailroom continues to receive, sort and deliver your mail. However, we need your cooperation to complete these tasks in a timely and consistent manner. Please take time and read the following Guidelines.

Fourth year students, your mail will be forwarded by the mailroom during the summer months. It is imperative that the Registrar's office has your CORRECT FORWARDING

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ADDRESS. You will be provided with a form from the Registrar prior to graduation. The Registrar compiles all forwarding information.

Third year students, your mail stays here, at ICO, if you are on campus for the quarter. However, if you are AWAY, at an externship site, your mailing address and e-mail address must be give to Celeste Graham, coordinator, Community Based Education. Celeste can be reached at X 7310 or at cgraham@eyecare.ico.edu. Externship mail is sent every Friday. Your Correct address insures that we have somewhere to send your mail each week. This information must be updated each quarter.

Second year students, you are here for the summer. So your mail will be placed in your mailboxes.

First year students, you get to go home for the summer quarter, enjoy it!!!!! Please, provide the Registrar's office with your correct mailing address. If you do not provide an address, your mail will be sent to your permanent address. The permanent address is the one provided on your original paperwork. We forward mail each day. If you get more than two letters we will send them all together, in an envelope.

The only mail forwarded is First Class Mail. Magazines are not forwarded. Magazines are stored during the summer months. They will be available for pick-up, anytime. In the Fall your magazines will be placed in your box if you were a first year. If you are a graduate, your magazines will be discarded in the Fall.

The mailroom strives to make the summer mail transition as easy and painless as possible. It is only with YOUR CO-OPERATION that we can provide you with the service you expect.

If you have any questions, please contact Daisy X7085 or Diane X7087

Congratulations

Congratulations to the newly elected 2nd yr. class representative Rosemary Gonzalez and Student Association Director of Intramural, Jeff Neighbors.

Attention RC Residents:

RC residents requesting to stay past the checkout deadline of May 17th, 5 p.m. should complete a Request for Extension form which is available in the Student Affairs Office.

World Peace Concert

St. Bartholomew Choir presents A World Peace Concert, Saturday May 11th, 7:30PM, at St. Bartholomew Church, 4900 W. Addison (at Lavergne)
Go to www.sbcchoir.homestead.com
For more information

Spotlight on the Library

by Kathryn Johnston
Information Systems
The Library has purchased several books that detail how non-human eyes function, or provide information on how to diagnose and care for eye diseases in our animal friends. They might be useful for research models or for care of pets:

Animal eyes by Michael F. Land and Dan-Eric Nilsson. Oxford; New York: Oxford University Press, 2002. QL949.L26 2002

Small animal ophthalmology secrets, edited by Ronald C. Riis. Philadelphia: Hanley & Belfus, c2002. SF891.S55 2002

Color atlas of veterinary ophthalmology, by Kirk N. Gelatt. Philadelphia: Lippincott Williams & Wilkins, c2001. SF891 G42 2001

The cat primary visual cortex, edited by Bertram R. Payne and Alan Peters. San Diego: Academic Press, 2002. QP383.15.P39 2002

The fourth year students soon will be graduating and beginning their own practices,

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dealing with all the joys and tribulations of business as well as optometry. The following books might come in handy for office management:

Assessing and improving billing and collections, prepared for the American Medical Association ; Cam McClellan Teems ; the Coker Group. Chicago: AMA Press, c2000. R728.T44 2000. Includes CD-ROM.

Communicating with your staff : skills for increasing cohesion and teamwork, Karla Powell. [Chicago]: American Medical Association, 2001. R728.P69 2001

Efficient eye care: manual of managed care ophthalmology, edited by Donald S. Fong. Malden, Mass.: Blackwell Science, c2001. RE72.E445 2001

We also have received two new retinal research books:

Concepts and challenges in retinal biology: a tribute to John E. Dowling, edited by Helga Kolb, Harris Ripps, Samuel Wu. Amsterdam; New York: Elsevier, 2001. QM511.C66 2001

The retinal Mèuller cell: structure and function, by Vijay Sarthy and Harris Ripps. New York: Kluwer Academic/Plenum Publishers, c2001. QP479.S275 2001

For a more complete list of all the new library items, click on New Materials on the Library catalog's website, iBistro.

Eyecare 2002 Alumni Reception

ICO will host an alumni reception at the Eyecare 2002 Conference on May 4th from 6:00 to 7:30 P.M. The conference is located at the Pheasant Run Resort in St. Charles, IL. For more information, please contact Vince Brandys via email or call 312.949.7079.

Commencement Speaker

This year's Commencement Address will be given by Richard S. Kattouf, O.D. He is a 1972 graduate of ICO and a member of the ICO Board of Trustees. Dr. Kattouf is also the founder of two consulting companies and developed one of the largest solo, state of the art optometry practices in the country.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 1:00 p.m. on Saturday, May 18. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2002 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

4th Year Capstone Program

We would like to update you on the new event the Student Affairs Office is putting together for your Class called the Capstone Program. The program is being designed to provide ICO's new graduates with information that will be important to you as you transition from being a student to practitioner. We will be inviting companies to participate that we know will have important information (and perhaps a few goodies!) to share with you.

The date is Wednesday, May 15th and the day will start at 12:10 p.m. as your entire class is welcomed aboard the Chicago Trolleys (sponsored by Welch-Allyn) to whisk you to Rockefeller Chapel for commencement rehearsal. In year's past parking at U of C during the week has been extremely (agonizingly!) difficult (imagine circling for hours for a parking spot as your classmates rehearsed!).

The agenda for the day is listed below:

12:25	Trolleys leave ICO Indiana entrance promptly for Rockefeller Chapel rehearsal
1:00	Commencement rehearsal begins promptly
3:30	Board trolleys to return to ICO

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4:00 Capstone presentations - Lecture Center
5:00 Awards presentations - Lecture Center
5:15 Opportunity for class to visit sponsor tables
6:00 Dinner (sponsored by America's Best) - On campus
6:30 Cap & Gown Pick Up - President's Circle Lounge (one-time distribution)

We are sure you will enjoy this day filled with beneficial information, a chance to visit with classmates you have not seen in awhile and to just enjoy each other's company before Commencement on Saturday. Plan now to attend!
Lynn Petrica & Sharon Uher

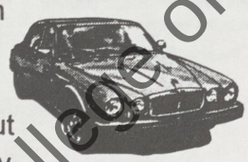
Paragon Coupon Program

Paragon Vision Sciences in conjunction with their Laboratory Partners, is proud to support the education of current optometry students. Their program entitles current optometry students to a free non-warranted, spherical pair of any HDS Technology® product; this includes Paragon HDS®, Paragon Thin™ and Paragon HDS®

Fifty coupons are available on a first come first serve basis in the Student Affairs Office.

Security Reminder:

Please do not leave personal items in your vehicle in plain view. An empty box or bag can cause someone to break your window just to find out that the box or bag was empty.



Please Observe Street Cleaning Signs on Michigan Avenue and side streets.

Student Club/Organization Officers

The Student Affairs Office would like to ask that each ICO club/organization hold new officer elections for the 2002-03 academic year in late April or early May (prior to Finals). Once the new officers are elected, please give a complete list of officers to Kathy in Student Affairs.

Looking for an Off-Campus Job?

Interested in getting real world optometric experience? Then come check out our colorful newly revised and updated part-time job postings board on the pillar outside the Student Affairs Office. There are a variety of job opportunities available in private, corporate, & ophthalmology settings. For more information or to contact one of the listings, please see Lynn Petrica in the Student Affairs Office, or call her at ext. 7403.

Attention Third Year Students and Graduates

Please remove your locks before leaving for externship and /or leaving ICO, Thank you.

Correction

The final exam schedule attached to the April 12th Focal Point has been revised (only effects 2nd years). Please note the correct schedule was placed in second year mailboxes and is also attached to this Focal Point.

CLASSIFIEDS

Admissions Tour Guides Needed
Students interested in conducting admissions tours for the next academic year, even if you are a current tour guide, should complete an application. Applications are available from Sharon Uher in the Student Affairs Office.

Library Work-Study Students Needed for Summer
Full-time and part-time Summer library work-study positions available now. Please inquire in library work room or call Laurie Curtis at Ext. 7151.

Work Study Position
Incoming 3rd Year Students

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Clincal Technician- Summer quarter
Primary Care Suite 1
Please contact Dr Gross at Ext 7314
(Leave phone and box#)

Student Research Opportunity
Current 2nd Year Students Seeking Independent study projects
2 Projects:
1. Comparison of PAL Lenses
2. IEI Patient Perception of Student Communications

Interested parties please contact Dr. Gross at Ext. 7314, and leave phone and box #'s.

Smith Research

Earn $75 cash
We are looking for full time students Ages 18-24 to participate in a 2 hour paid market research study in which you will receive $75 cash.
Date: Tuesday April 30, 2002
Location: Smith Research, Deerfield
Time: 5:30 –7:30pm discussion. There will be more discussions and dates available.
There is absolutely no sales involved. This is strictly a market research study and we abide by the Marketing Research Code of Ethics of Confidentiality and Anonymity. If you are interested, and would like to see if you qualify for this study, please call Donna at 847-444-4423 between the hours of 8:30am and 5:00pm, Monday thru Friday.

Office of the Dean/Academic Affairs
The Dean's Office is looking for work-study students during Summer Quarter. **Hours are very flexible.** If interested contact Deanna Polakowski by phone (x7011), regular mail or stop by and see me in room 1800.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Fourth Year Students:
Still don't have plans after graduation? It's not too late to participate in a residency. A residency position at the Tuscaloosa VA Hospital is still available. I was extremely fortunate to be an extern in Tuscaloosa and work with both Drs. Thompson and Whitaker during my fourth year. Both these gentlemen are pleasant to work with, and the Tuscaloosa VA is an extraordinary place. (Just ask any of your fourth year colleagues who were there on externship.) The VA is still an ICO externship location, and several of their residents the past years have graduated from ICO. This is the first year that this program has not matched due to the larger volume of positions. If you are interested, please contact me at 312/949-7285. This is an excellent opportunity.
Dr. Geoffrey Goodfellow

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
S.A. Scholarship	ICO Students – submit paper	$500	**By April 30, 2002** In Student Association Mailbox

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Alberta Association of Optometrist Scholarship Awards	Alberta Canadian Students	$500	**April 30, 2002**
National Italian American Foundation Scholarship Program	Italian American student who demonstrate high academic achievement	$2,000 to 5,000	**April 30, 2002** Must be submitted on-line – www.niaf.org/ scholarships
AFVA – Michigan Affiliate	Resident of Michigan and in third year of Optometry school	$1,000 or more	**May 1st, 2002** Mailed to Mary Bellows Copy of application can be found on web at mioptassn.org or in Student Affairs Office
COVD Dr. Martin Kane Student Research Award program	Student/resident who submits best research project on the relationship of vision to learning Attend COVD Annual Meeting October 23-26, 2002	$750.00	**Receipt of proposal May 30, 2002** Project completed October, 2002
NOA **John L. Howlette and C Clayton Powell Student Founders Award**	NOSA Member 1st, 2nd or 3rd year optometry	$500.00	**May 31st, 2002**
NOA **Cave Memorial Award**	NOSA member	$500.00	**May 31st, 2002**
NOA **Dr. Robert Johnson Binocular Vision/Vision Therapy Award**	Current NOSA Member, community involvement and 300 word or less paper. For 1st, 2nd, 3rd, or 4th year students	$500.00	**May 31st, 2002** Lpricedavid@netscape.net See Student Affairs Office for application
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need		**June 25th, 2002** See Student Affairs Office for application
Wisconsin Foundation of Vision Awareness/ Wisconsin Optometric Association	WI resident for 3 years, transcript, AOSA,	500.00	**August 15, 2002**

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Summer Workstudy Jobs

If you are interested in working in the fitness center during Summer Quarter 2002, please call x7462 beginning May 7. At this time, open hours will be made available to new employees.

Massage Therapy

Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

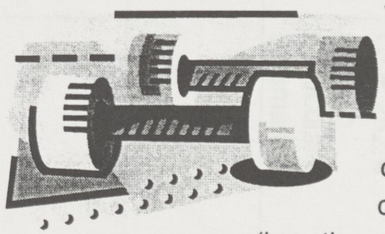
We are pleased to announce that Carol Suriano, certified massage therapist, will be providing massage at ICO beginning in March. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, May 9 and Thursday, May 25.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone helping you out?



The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal and Tarndip Gandham, are available on an appointment-only basis to provide one-on-one training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202 and Tarndip through box 161. Don't forget to leave your full name, phone number, and preferred training time(s).

FREE Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness:

Too Much of a Good Thing

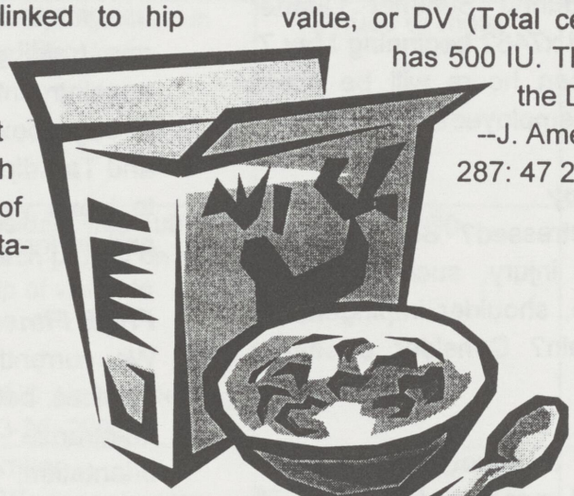
Too much retinol—the kind of vitamin A found in supplements and animal foods like milk and liver—may weaken bones. Women who consumed the highest levels (at least 6,660 IU a day) had nearly double the risk of hip fracture compared with women who consumed the lowest levels (less than 1,600 IU a day).

The findings fit with animal studies, where

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retinol (or its close cousins) suppresses the osteoblasts, cells that build bone, and stimulates osteoclasts, cells that break bone down.

The beta-carotene that's found in fruits and vegetables, which the body converts to vitamin A, was not linked to hip fractures. Multivitamins and breakfast cereals were two of the largest sources of retinol, though many brands get some of their vitamin A from beta-carotene.



What to Do: If you take a multivitamin, make sure that it contains no more than 4,000 IU of vitamin A retinol (which is also called vitamin A palmitate). Also, make sure that your breakfast cereal has no more than 750 IU of retinol from vitamin A palmitate. That's 15 percent of the daily value, or DV (Total cereal, for example, has 500 IU. That's ten percent of the DV).

--J. Amer. Med. Assoc
287: 47 200

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ILLINOIS COLLEGE OF OPTOMETRY SPRING 2002

SCHEDULE OF SPRING QUARTER FINAL EXAMS

April 12, 2002

	MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY	TUESDAY	WEDNESDAY
	MAY 6	**MAY 8**	**MAY 9**	**MAY 10**	**MAY 11**	**MAY 13**	**MAY 14**	**MAY 15**
8:00 – 10:00	BHS 255 Immunology							
9:00 – 11:00		CLE 170 Ophthalmic Optics	CLE 162.3 Optometry		BHS 140.2 Sensory Aspects of Vision	BHS 263.2 Ocular Disease II	CLE 262.4 Intro to Binocular Anomalies	CLE 294 Health Promotions
1:45 – 3:45		BHS 256 Ocular Pharmacology	BHS 222 Theo & Physiologic Optics	CLE 379 Infant & Child Development	CLE 376.2 Strabismus & Amblyopia	BHS 111 Neuroanatomy & Neuro-physiology		BHS 116.2 Physiology & Pathology
4:00 – 6:00			BHS 364 Neuro-Ophthalmic Disorders	BHS 261 Physical Diagnosis	BHS 263.1 Ocular Disease I			

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE THURSDAY, MAY 16 AND FRIDAY, MAY 17.

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FOCAL POINT

ICO Student Newsletter **May 10, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. This is the last newsletter for this school year.

CAMPUS NEWS

Congratulations

From Dr. Colip

Congratulations to all students on the successful completion of another year at ICO!



To the ICO Class of 2002 (candidates for the O.D. degree):

This will indeed be your last "Student" Newsletter. I have enjoyed working with you over the last few years and would like to wish each of you the best as you begin your new careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. As you take your first professional positions, the next few weeks and months will undoubtedly hold much change and professional challenge as you try out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. As your first paychecks start rolling in I'd like to challenge you to rely on each other, as well as those of us that will remain here at ICO, for advice and assistance as you continue your professional development and transition into your practices. Though distances may separate us, you will always be part of the ICO "family". One of the great joys for many of us that will remain at ICO is the opportunity to continue to watch each of you grow and continue your professional development and learn of your successes. Your return visits are always welcome! As a member of the largest optometric alumni association in the world, you have earned access to and assistance from over 8,000 fellow alumni worldwide – take advantage of us! Your ICO education will serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your accomplishment and best wishes to all of you!! I wish you each many successes in your new careers!

To the Third Year Class:

Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externhip Program. Please visit us in the Student Affairs Office during your campus-based rotations. Now is a good time to list yourself with the ICO Placement Program (many of you already have – congratulations!) and use the next few months to start evaluating practices and thinking about where you may want to set-up practice.

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To the Second Year Class:
Best wishes as you begin your formal clinical education in the Illinois Eye Institute. I encourage you to take an occasional break from your studies (and NBEO preparations!) and enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend you check out the many festivals and plan to take in a concert in Grant Park sometime this summer – they're free! Many of you will take NBEO Part I in early August. I highly recommend that you save yourself some last minute anxiety and develop an exam preparation schedule starting immediately after Finals. You'll be glad that you did (perhaps your Class can surpass last year's pass rate!).

To the First Year Class:
I commend you on the completion of your first year and encourage you to reflect back upon this year and realize just how much you have learned. Have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and helping out with First Year Orientation (Aug. 13 – 15) and help get the new Class off to a good start.

To all Students
The summer months will once again be quite busy around ICO. ICO's first-ever Commencement Capstone Program for the graduating Class will run next Wednesday evening, May 15th. Commencement is next Saturday, May 18th at 1pm at Rockefeller Chapel at University of Chicago.

We will bring on-line the new ICO Intranet – for improved communications and access to pertinent information for all ICO students, faculty and staff. The Admissions Office will conduct our summer Open House on Saturday, June 8th; if you will be around and would like to help out or participate, please stop-by the Student Affairs Office and see Kristin Wilson or Aisha Davis to sign-up.

During the summer months a new ICO Admissions CD-ROM will debut.

The ICO Bookstore will be developing a new strategy for assisting you with your equipment and textbook purchasing needs. Look for a new website access for purchasing your books on-line through the ICO Bookstore's preferred vendor.

The Student Health Service and Beth Karmis, Director of Counseling Services and Enrichment, will move to a new Student Health Center on the third floor (previously Sports Vision Service - across from laboratories). Summer "deep cleaning" will take place in the RC and Brady Cafeteria will be closed for the entire summer. We will be developing some new programming ideas for the RC for next year; it is always our goal to improve the benefits of RC living for new and continuing students.

Student Financial Services will debut a new lending option for students that will streamline the student loan application process.

The Board of Trustees will finalize their evaluation of the candidates to name ICO's new President. We will say good-bye to Amanda Johnson as she leaves ICO after 5-1/2 years of service to pursue new opportunities in New Orleans.

ICO will sponsor an alumni/student reception at the AOA Congress in New Orleans, LA (June 26 - 30). If you plan to attend the meeting, or will be in the area, we would appreciate your attendance. It is a great opportunity to network with ICO alumni and who knows, maybe you will meet your new practice partner. Details on the meeting are available in Student Affairs.
Have a great summer!!
Mark Colip, O.D.

Commencement Speaker
This year's Commencement Address will be given by Richard S. Kattouf, O.D. He is a

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1972 graduate of ICO and a member of the ICO Board of Trustees. Dr. Kattouf is also the founder of two consulting companies and developed one of the largest solo, state of the art optometry practices in the country.

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4th Year Capstone Program

We would like to update you on the new event the Student Affairs Office is putting together for your Class called the Capstone Program. The program is being designed to provide ICO's new graduates with information that will be important to you as you transition from being a student to practitioner. We will be inviting companies to participate that we know will have important information (and perhaps a few goodies!) to share with you.

The date is Wednesday, May 15th and the day will start at 12:10 p.m. as your entire class is welcomed aboard the Chicago Trolleys (sponsored by Welch-Allyn) to whisk you to Rockefeller Chapel for commencement rehearsal. In year's past parking at U of C during the week has been extremely (agonizingly!) difficult (imagine circling for hours for a parking spot as your classmates rehearsed!).

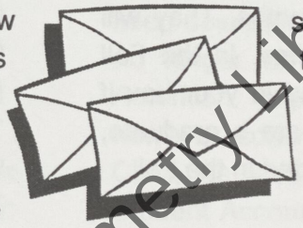
The agenda for the day is listed below:

12:25 Trolleys leave ICO Indiana entrance promptly for Rockefeller Chapel rehearsal
1:00 Commencement rehearsal begins promptly
3:30 Board trolleys to return to ICO
4:00 Capstone presentations - Lecture Center
5:00 Awards presentations - Lecture Center
5:15 Opportunity for class to visit sponsor tables
6:00 Dinner (sponsored by America's Best) - On campus
6:30 Cap & Gown Pick Up - President's Circle Lounge (one-time distribution)

We are sure you will enjoy this day filled with beneficial information, a chance to visit with classmates you have not seen in awhile and to just enjoy each other's company before Commencement on Saturday. Plan now to attend!
Lynn Petrica & Sharon Uher

From The Mailroom:

We are approaching the end of the Spring quarter. Fourth year students are counting down the days to graduation. Third year students are looking forward to the last FINAL and the beginning of their externship travels. Second year students are getting ready to assume duties in the IEI. First year students are ready to go home for the last full summer of vacation.



During all of this activity, the mailroom continues to receive, sort and deliver your mail. However, we need your cooperation to complete these tasks in a timely and consistent manner. Please take time and read the following Guidelines.

Fourth year students, your mail will be forwarded by the mailroom during the summer months. It is imperative that the Registrar's office has your CORRECT FORWARDING ADDRESS. You will be provided with a form from the Registrar prior to graduation. The Registrar compiles all forwarding information.

Third year students, your mail stays here, at ICO, if you are on campus for the quarter. However, if you are AWAY, at an externship site, your mailing address and e-mail address must be given to Celeste Graham, Coordinator, Community Based Education. Celeste can be reached at X 7310 or at

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cgraham@eyecare.ico.edu. Externship mail is sent every Friday. Your Correct address insures that we have somewhere to send your mail each week. This information must be updated each quarter.

Second year students, you are here for the summer. So your mail will be placed in your mailboxes.

First year students, you get to go home for the summer quarter, enjoy it! Please, provide the Registrar's office with your correct mailing address. If you do not provide an address, your mail will be sent to your permanent address. The permanent address is the one provided on your original paperwork. We forward mail each day. If you get more than two letters we will send them all together, in an envelope.

The only mail forwarded is First Class Mail. Magazines are not forwarded. Magazines are stored during the summer months. They will be available for pick-up anytime. In the Fall your magazines will be placed in your box if you were a first year. If you are a graduate, your magazines will be discarded in the Fall.

The mailroom strives to make the summer mail transition as easy and painless as possible. It is only with YOUR CO-OPERATION that we can provide you with the service you expect.

If you have any questions, please contact Daisy X7085 or Diane X7087.

Attention Graduates - Please Return the Keys

It has been a pleasure stuffing your boxes!!!! However, now that this relationship is coming to an end, please remember to **RETURN YOUR MAILBOX KEY**. It may seem unimportant, but the incoming class will need your keys. Thanks for your cooperation.

Foundation Fighting Blindness

The Foundation Fighting Blindness is a non-for-profit organization that funds research to assist in curing retinal related eye diseases such as Retinitis Pigmentosa, Macular Degeneration and Usher's Syndrome. The Chicago Affiliate of the FFB is having its' annual raffle on June 23rd and we are looking for volunteers to assist us in selling tickets. We are in the process of scheduling a day at the Chicago Board Options Exchange at 400 S. LaSalle on one of the following dates, May 15th, 22nd or 29th. If you would like to help us or would like more information about the FFB please give me a call at (312) 222-2879.
Russ Dykstra, Co. Vice President

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Library hours exam week:
Friday, May 10 , 8:00 a.m.-12:00 midnight
Saturday, May 11, 8:00 a.m.-12:00 midnight
Sunday, May 12, 10:00 a.m.–12:00 midnight
Monday, May 13, 7:00 a.m.-12:00 midnight
Tuesday, May 14, 7:00 a.m.-12:00 midnight
Wednesday, May 15, 7:00 a.m.-5:00 p.m.
Thursday-Friday, May 16-17,-8:00 a.m.-5:00 p.m.
Saturday-Sunday closed.

The week of May 20-24, 8:00 a.m.-5:00 p.m.
May 25-27 closed Memorial Day weekend.

Library summer hours: May 28 on-
Monday-Thursday, 8:00 a.m.-9:00 p.m.
Friday, 8:00 a.m.-5:00 p.m.
Saturday, 9:00 a.m.-5:00 p.m.
Closed Sunday.

All First and Fourth year students' books are due May 15. First year students may request a longer due date, as needed. All Fourth year students must have all their books returned by May 15 in order to graduate. After

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commencement, graduates will have library privileges as Alumni.

The Library's online catalog is accessible off-campus at http://library.ico.edu. In order to search for Visioncite articles, however, users will need their Library ID and PIN. With this information, users can request or renew library books. Students on externships more than 50 miles from the College can receive mailed or faxed photocopies of useful articles or even borrow books through the mail. Contact Kathryn Johnston or any other staff member so that you can find out your Library ID and PIN.

New books continue to arrive at the Library. This one may be useful for those beginning residencies next year:

R834.R47 2002
Residents' teaching skills, Janine C. Edwards, Joan A Friedland, Robert Bing-You, editors. New York: Springer Pub. Co., c2002.

Other new books include:
QP355.2.B37 2002
Basic concepts in neuroscience: a student's survival guide, edited by Malcolm Slaughter; illustrated by John Nyquist, Barbara E. Evans. New York: McGraw-Hill, c2002.

QP383.V58 2001
Visual attention and cortical circuits, edited by Jochen Braun, Christof Koch, and Joel L. Davis. Cambridge, Mass.: MIT Press, c2001.

QP475.F7 2002
The eye: basic sciences in practice, by John V. Forrester [et al.], 2nd ed. Edinburgh: W.B. Saunders, 2002.

R853.O87W65 1999
Outcomes management: applications to clinical practice, by Anne W. Wojner. St. Louis, Mo.: Mosby, c2001.

RA427.9.G76 2001
Decisions and evidence in medical practice, by Richard Gross. St. Louis: Mosby, c2001.

RE48.T7 2001
The physician's guide to eye care, by Jonathan D. Trobe; developed in cooperation with American Academy of Family Physicians, 2nd ed. San Francisco: Foundation of the American Academy of Ophthalmology, c2001. Contains good photographs.

RE661.M3K66 2001
Healing the eye the natural way: alternative medicine and macular degeneration, by Edward Kondrot, 2nd. updated ed. Carson City, Nev.: Nutritional Research Press, 2001.

Good luck with your exams! Good luck to the graduating students and we look forward to working with you as Alumni! Have a great summer!

Bookstore

Due to the Bookstore's continued efforts to keep operational costs to a minimum, we will no longer be able to accept Discover or American Express credit cards. We will, however, continue to accept Visa and Master Card, as well as post purchases to your Student Account. In addition we will continue to accept personal checks and cash. As always we look forward to assisting you with your equipment and textbook needs.

Faculty Speaker

Dr. Dominick Maino was an invited lecturer during the recent Eyecare 2002 North Central States Regional Educational meeting held in St. Charles, IL. He spoke on developmental disabilities and binocular vision.

World Peace Concert

St. Bartholomew Choir presents A World Peace Concert, Saturday May 11th, 7:30PM, at St. Bartholomew Church, 4900 W. Addison (at Lavergne). Go to www.sbcchoir.homestead.com

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Would You Like to Visit an Optometrist Near Home?

Long on to Http://www.seniordoc.org for more information about the "Student Match" feature. It allows ODs to list their City and State and a short description of their practice. If interested you can e-mail and arrange a visit.

You should find a practitioner who will look forward to your visit. Some will be looking for Associates now or in the future. Others will be available to answer you questions about Optometry in the community where you wish to practice.

Student Club/Organization Officers

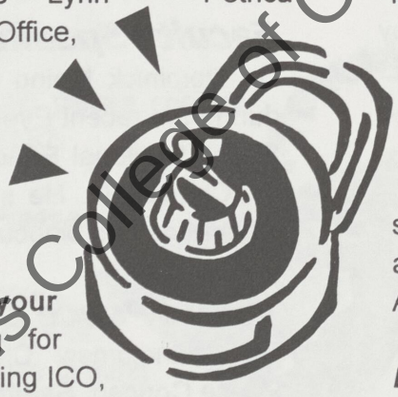
The Student Affairs Office would like to ask that each ICO club/organization give a complete list of officers to Kathy in Student Affairs as soon as possible. Thank you.

Looking for an Off-Campus Job?

Interested in getting real world optometric experience? Then come check out our colorful newly revised and updated part-time job postings board on the pillar outside the Student Affairs Office. There are a variety of job opportunities available in private, corporate, & ophthalmology settings. For more information or to contact one of the listings, please see Lynn Petrica in the Student Affairs Office, or call her at ext. 7403.

Attention Third Year Students and Graduates

Please remove your locks before leaving for externship and /or leaving ICO, Thank you.



Attention RC Residents:

RC residents requesting to stay past the checkout deadline of May 17th, 5 p.m. should complete a Request for Extension form which is available in the Student Affairs Office.

CLASSIFIEDS

WANTED: Help!!!! The mailroom is looking for summer help. Days and times are flexible, but anytime on **Tuesday** and **Thursday** would be appreciated. The work is challenging but not overwhelming. It a fun environment. Call Daisy at X7085.

Inquiries About Fall Lab Teaching Assistant

To: 1st, 2nd and 3rd year students
Dr. Trachimowicz

Many students have asked me about TA positions for academic year 2002-03. If you are interested in being a lab TA for Human Anatomy in the Fall, 2002, and did well in the lab, please feel free to let me know your Fall schedule as soon as it is available to you. That way we can see if your schedule matches well with the lab schedule. You can contact me by phone (312) 949 7180 or email: RTRachim@eyeball.ICO.edu.

NOTE: Do not wait until you return in the Fall since positions go quickly. Thanks for your interest. Have a great Summer!

Admissions Tour Guides Needed

Students interested in conducting admissions tours for the next academic year, even if you are a current tour guide, should complete an application. Applications are available from Sharon Uher in the Student Affairs Office.

Library Work-Study Students Needed for Summer

Full-time and part-time Summer library work-study positions available now. Please inquire in library work room or call Laurie Curtis at Ext. 7151.

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Work Study Position

Incoming 3rd Year Students
Clincal Technician- Summer quarter
Primary Care Suite 1
Please contact Dr Gross at Ext 7314
(Leave phone and box#)

Student Research Opportunity

Current 2nd Year Students Seeking Independent study projects
2 Projects:

1. Comparison of PAL Lenses
2. IEI Patient Perception of Student Communications

Interested parties please contact Dr. Gross at Ext. 7314, and leave phone and box #'s.

Office of the Dean/Academic Affairs

The Dean's Office is looking for work-study students during Summer Quarter. **Hours are very flexible.** If interested contact Deanna Polakowski by phone (x7011), regular mail or stop by and see me in room 1800.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
COVD Dr. Martin Kane Student Research Award program	Student/resident who submits best research project on the relationship of vision to learning Attend COVD Annual Meeting October 23-26, 2002	$750.00	**Receipt of proposal May 30, 2002** Project completed October, 2002
NOA John L. Howlette and C Clayton Powell Student Founders Award	NOSA Member 1st, 2nd or 3rd year optometry	$500.00	**May 31st, 2002**
NOA Cave Memorial Award	NOSA member	$500.00	**May 31st, 2002**
NOA Dr. Robert Johnson Binocular Vision/Vision Therapy Award	Current NOSA Member, community involvement and 300 word or less paper. For 1st, 2nd, 3rd, or 4th year students	$500.00	**May 31st, 2002** Lpricedavid@netscape.net See Student Affairs Office for application
Polish Women's Civic Club, Inc.	U.S. Citizen, Chicago Resident, At least one parent of Polish heritage, and financial need.		**June 25th, 2002** See Student Affairs Office for application

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Wisconsin Foundation of Vision Awareness/ Wisconsin Optometric Association	WI resident for 3 years, transcript, AOSA,	500.00	**August 15, 2002**

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Free Food!
To help power your brain for final exams, free healthy snacks will be available to all students on Tuesday, May 14. The snacks will be in the hallway outside the gymnasium, and will be available from 11:00 until they're all gone.

Gym Closing
The gymnasium will be closed from Sunday, May 19 through Wednesday, May 29 for work on the floor surface.

Summer Fitness Classes
The summer fitness class schedule will begin on Monday, June 3. Keep your eyes open for schedules—they'll be posted by the student mailboxes and on the bulletin boards inside and outside the gymnasium early next week.

Summer Workstudy Jobs
If you are interested in working in the fitness center during Summer Quarter 2002, please call x7462 for a complete listing of hours available to new employees.

Massage Therapy
Are you feeling stressed? Sore? Do you have a chronic injury, such as carpal tunnel syndrome, shoulder impingement, or low back pain? Consider a seated massage!

We are pleased to announce that Carol Suriano, certified massage therapist, will be providing massage at ICO beginning in March. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Amanda at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next session will be Thursday, May 23.

FREE Fitness Services
We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation, sports-specific training analysis, strength and endurance analysis, and workout program design. Please understand that I am not available to provide medical advice or advice on how to treat injuries beyond basic first aid. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available. For further information or an appointment, please call Amanda at x7460.

Eye on Wellness:

Safe & Tasty Grilling
As the weather warms and the skies clear, Americans look forward to the great national summer pastime – the cookout. Before you light the grill, make sure to take some precautionary measures to

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ensure that you prepare your food safely.

According to the American Institute for Cancer Research's expert report *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, cooking methods can affect your cancer risk. Cooking meat, poultry and fish at high temperatures, especially over an open flame, can cause carcinogens to form. AICR recommends limiting your intake of meat cooked at high temperatures, including methods such as grilling, barbecuing, broiling and frying. A diet high in such foods may possibly increase the risk of stomach and colorectal cancers.

But this doesn't mean you have to give up your summer barbecues. Just follow these safe grilling tips:

- ✓ Grill marinated vegetables, veggie burgers, quesadillas or even pizza. Unlike meat, these foods will not form cancer-causing substances when cooked on the grill.
- ✓ Choose lean, well-trimmed meats to grill. They have less fat to drip into flames, which can cause flare-ups.
- ✓ Marinate meats before grilling using an oil-free marinade, such as vinegar or citrus juice.
- ✓ Cook meats and poultry in the microwave, then briefly grill for flavor.
- ✓ Place meat on aluminum foil instead of directly over coals to avoid letting juices drip into the fire or letting flames touch the meat. Not only does this help prevent charring, it makes for quick clean up afterwards.
- ✓ Keep a water spray bottle on hand to keep coals and flames under control.
- ✓ Remove charred portions of meat before eating.

For a handy tip sheet on preparing food safely, order a free copy of *Facts on Preventing Cancer: Food Preparation* by calling AICR at 1-800-843-8114.
--American Institute for Cancer Research



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Guest editorial

Byron Y. Newman, O.D.

Public Health: Where Optometry Fits In

As primary eye care providers—and with increased responsibility to provide our patients the best in care that this profession has to offer—it quickly became apparent that optometry could not remain a lonely profession any longer. (We used to work alone in our offices and never see another professional, in our or any other group.)

With our expanded scope of practice, we need to be outstanding clinicians, competently providing comprehensive care in all of the following areas: (1) ocular health; (2) proper visual correction; and (3) excellent visual coordination and binocularity.

In addition, we need to be a group of involved and participating doctors of optometry—concerned, not only about the care of our patients, but also involved in our professional societies, and in the world around us. The profession of optometry is comprised of many individuals rolled into one. Aside from our personal and familial responsibilities, we are scientists, caring health providers, participants and leaders in our communities, states, the nation, and throughout the world.

So, where do public health and public health associations enter into the profession of optometry? Is this just another organization to join, pay dues to from our shrinking incomes, and receive no visible benefit? Aren't public health associations concerned about epidemics and inoculations? Don't they try to provide for care of the poor through clinics? How does optometry fit into all of that? I have a practice to run and a family that needs me.

Here are some thoughts to ponder.

1. *We need contact with other professionals.* We need to know the issues they are concerned with to see where optometry fits in. You would be surprised what's going on, to which we could offer considerable assistance.
2. *We need the recognition this type of interaction brings to the profession.* Doctors, nurses, epidemiologists, health care educators, nutritionists, and other public health officials need to meet us and know who we are, personally and professionally, just as we need to know them. Where else can we meet these people?
3. *We need for more professionals to have an understanding about optometry, as an important health care partner and resource.*
4. *We have a lot of valuable information and knowledge to offer the public health community.*
5. *Our abilities are not limited to providing glasses...*we are primary care providers, and with this expanded service we need to let the world know what that means to them. We can no longer keep optometry a secret.
6. *There are many vision-related public health issues that have never been explored or addressed.*
   A. We taught the world that UV light needed to be blocked, and now the public recognizes that fact.
   B. We taught the automotive industry the importance of daytime running lights, and now GM has this installed this feature on their newer models. (They even won the AOA's *Apollo Award* for incorporating this feature into newer models.)
   C. We recommended the placement of tail-lights in the rear window of each car for better viewing of cars' braking...and now we have it.

But, we haven't even touched the surface. Let's consider some of the public health issues:

- Public Health is concerned with early detection and prevention of diabetes, hypertension, glaucoma, macular degeneration, retinitis pigmentosa, etc. and so are we!
- Public Health is concerned with child safety, eye protection, drug abuse, children, women, the elderly, and those unable to defend themselves, and so are we!
- Public Health is concerned with accidents and injuries,

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bicycle and motorcycle safety, swimming, sports, clean water, clean air, and so are we!

- Public Health is concerned with epidemics, contagious diseases, clean restaurants, safe food, proper nutrition, and health education, and so are we!
- There are many other ocular and visual conditions that are public health issues, but those in Public Health don't know about them yet. We must inform and educate the Public Health officials.

Binocular problems are an important public health problem. Poor binocularity leads to fatigue and headaches. Millions of dollars may be lost to industry because people miss work as a result of headaches, while other get sleepy on the job, leave early, or miss work because of a visual problem not recognized. We must teach them.

Poor binocularity leads to drowsiness on the job or in school, while driving (a serious public health problem), as well as dizziness and motion sickness. Yes, these are all vision problems and we might as well get used to the idea because we can treat those conditions. We must teach them.

There's an old saying, "Wouldn't it be awful if you knew all the answers, but no one was asking you any questions?"

Well, optometry doesn't have all the answers, but we have many more than most people would believe. For example:

1. Do you typically find school systems asking optometrists why the students in their classes can't learn, concentrate, maintain interest, stay awake, and read? These are school public health problems...and optometry can help...and *they don't know it yet*.
2. Do you find physicians referring patients to us to help them find out why patients get headaches, dizziness, or motion sickness? No, because *they don't know we can do that yet*.
3. Do you find bus companies and trucking companies with million-dollar pieces of equipment asking optometrists to identify those who are likely to have accidents? No, because *they don't know we can do that yet*.
4. Do you find companies with computer users turning to optometry to help them screen their incoming employees to find out who can concentrate for long hours on a computer without difficulty? No, because *they don't know we can do that yet*.
5. Do you find trauma doctors and workers' compensation carriers asking optometry to test their patients after head or facial injuries to determine if an injury affected a client's vision? No, because *they don't know we can do that yet*.
6. Are there school systems asking optometrists to help them with their sports activities, so their students can be more efficient and safe athletes? No, because *they don't know we can do that yet*.

All of these problems are public health issues and we have to let people know we are ready and able to become involved.

Our profession needs to promote public health research on the issues unique to optometrists—and we need to teach patients, the public, other health professionals, HMOS, and government legislators about what we do extremely well. We can no longer keep it a secret.

I engage in the public health arena because I care...not only for the public, but for this profession and what it is capable of providing to the public.

I can't think of better reasons for you to be involved in public health optometry.

What is the Public Health Association (PHA) and how do I find it? We have a national organization, the American Public Health Association (APHA), with more than 30,000 members, and a very active Vision Care Section, which has been active and involved for a long time now. They need our input.

Each state has a Public Health Association affiliated with the APHA, but each must be joined separately. Some states have two PHAs—such as California, with CPHA-N and SCPHA, and New York with a City PHA and a State PHA.

For further information, please contact the
American Public Health Association
1015 15th St. NW
Washington, DC 20005
phone (202) 789-5600
or e-mail the author at:
bynewman@cyberg8t.com

Byron Y. Newman, O.D.
Member of the Vision Care Section, APHA
Immediate Past President, Southern California Public Health Association

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"Special Olympics Opening Eyes Vision Program" Returns to Illinois!

The Special Olympics is an international program of year-round sports and athletic competitions for children and adults with mental retardation. It was begun in 1968 by Eunice Kennedy Shriver, and has bloomed into a worldwide program. There are 24 official sports included in the Special Olympics. All athletes must be at least eight years old and identified by an agency or a professional as having mental retardation, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that require or have required specially designed instruction.

The Special Olympics Opening Eyes (SOOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Athletes will receive a comprehensive 15 station vision and eye health screening. Any athlete failing the screening will get a refraction and be fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOOE will be setting up during the Special Olympics Illinois State Summer Games held in **Bloomington/Normal at** the Illinois State University Campus. The vision screening will be taking place on **June 21** from 12:00 to 5:00 pm and on **June 22** from 8:00am to 5:00pm. If you would like to volunteer for both days, we will arrange a hotel for Friday night at your request.

We need as many optometrists, opticians, students, family/friends as possible to volunteer their services. Every volunteer who has participated in the SOOE Program has found it an invaluable learning and growing experience.

Please help us in making the SOOE Program a success in Illinois by volunteering! If you are interested in participating in any way, please contact Christine Allison, O.D., at (312) 949-7336, or by sending the form below by **MAY 31** to:

Christine Allison, O.D.
Illinois Eye Institute
3241 S. Michigan Ave.
Chicago, IL 60616

Name: _____

Telephone: _____ Fax: _____ E-mail _____

Address: _____

____ Yes, I will participate in the Special Olympics Opening Eyes Vision Screening

____ I am available on June 21 from 12:00 to 5:00

____ I am available on June 22 from 8:00 to 5:00

____ I can help on both days!

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FOCAL POINT

ICO Student Newsletter **August 19, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out August 30th 2002 and the deadline for submissions is August 28th.

CAMPUS NEWS

Welcome to All New and Returning Students

The Student Affairs Office extends a warm welcome to returning and new students of ICO. The Focal Point, the student newsletter, is published bi-weekly by the Student Affairs Office for the entire ICO community. The Focal Point informs students, faculty and staff of items and events concerning the student body.



If you have an announcement or other items you wish to include in the newsletter, or if you have scheduled an event, either on or off campus, please contact Kathy Brownfield in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

President's Welcome Awards Ceremony

Everyone is invited to attend the President's Welcome Awards Ceremony. The program begins at 11:00 a.m. on Monday, August 26th in the Lecture Center. Come and watch the new 1st year class receive their first white lab coats.

All upperclassmen will receive recognition for their awards and scholarships from the 2001-2002 Academic Year.

Meet your Student Affairs Department

The Student Affairs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop by the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct you to the department who can answer them. Information regarding the Focal Point (student newsletter), scholarships, student leaders, reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with the Dean for Student Affairs in our office.

Dr. Mark Colip, Dean for Student Affairs, is responsible for developing and maintaining admissions, student recruitment, residential complex, student affairs, student counseling and enrichment, student financial services, student health service, ICO bookstore, food services, scholarships and awards, commencement and fitness center. Descriptions of departments within the Student Affairs Office are listed on the next page:

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Placement and Recruitment

The Placement Office coordinates ICO's Placement Program which is on-line, through ICO's web-site and interactive. The Placement Office also assists students in locating part-time and summer positions in optometric settings. The bulletin board, which posts these part-time student opportunities, is located outside of the Student Affairs Office. The Placement Office also coordinates the yearly Practice Opportunities Symposium which is designed to help our students envision the many options and opportunities facing them as they begin their practice of optometry. The symposium consists of a panel of recent graduates that share their own experiences and recommendations for success. We also invite representatives from optometric associations, private practice, group practices made up of many health care disciplines, residency programs, government and corporate optometry with all the myriad configurations they jointly and individually represent. The Placement Office also coordinates the Private Practice Club. The club invites private practitioners, practice consultants, financial advisors, etc. to speak to the club at least 6 times during the academic year. All students are welcome to join the club.

The Recruitment Office helps plan the visits of undergraduate institutions during the course of the school year. We represent ICO at numerous Graduate/Professional School Fairs across the nation and in Canada. We also conduct presentations and informational sessions to Pre-Optometry Clubs. The office is also responsible for the Student Ambassador Program, where at times and schedule permitting, students represent ICO at these schools, usually their undergraduate institution. We welcome current students from all years to participate. See Lynn Petrica (x7403) if interested in visiting your undergraduate alma mater.

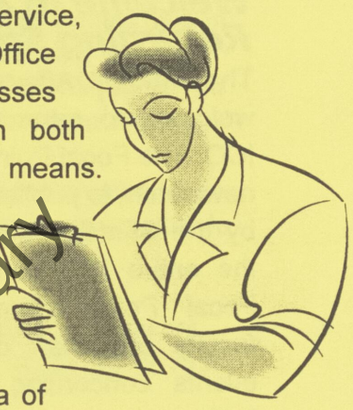
Food Service

Food Service (located on the lower level of Brady Hall) is owned by the college and contracted by Sodexo. Breakfast, lunch and dinner are served Monday through Friday as well as brunch on Saturday and Sunday. Hours of operation are as follows:

Breakfast - 7:30 a.m. - 9:30 a.m.
Lunch - 11:30 a.m. - 2:00 p.m.
Dinner - 5:00 p.m. - 7:00 p.m.
Brunch: Saturday -- 11:30 a.m. - 2:30
Dinner: Sunday – 4-6p.m.

Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis.

College Wellness Service



The College Wellness Service, as a component of the Office of Student Affairs, addresses student health issues in both preventative and curative means. The Wellness Service providers include Shelby Lalich, Jeanne Dougherty and Beth Karmis. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.

Shelby Lalich, as the Fitness Coordinator, in addition to overseeing the day-to-day operation of the fitness center, provides a plethora of fitness related services. Personalized services include a variety of fitness assessment protocols, fitness counseling, equipment orientation, and workout program design. Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks during final exams, biweekly seated massage, and an annual health fair.

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Jeanne Dougherty, A.P.N., M.S., C.S., F.N.P., Nurse Practitioner and Institutional Health Officer, provides important acute medical care to our student community. As a primary care provider (in collaboration with a physician), Jeanne counsels students on prevention and wellness issues and is able to diagnose and treat most common acute illnesses. Referrals to specialists or care providers off-campus may be warranted. Fees incurred for laboratory services, pharmaceuticals and off-campus referrals are the student's responsibility. Jeanne provides infection control education, immunization information, and preventative health programming as well.

Beth Karmis, M.A., as the Director of Student Counseling and Enrichment Services, provides both psychological and academic counseling. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability to be successful here at ICO. Referrals to outside services are provided when appropriate/necessary. Fees for outside services are the student's responsibility. Academic enrichment programming, including tutoring services, study skills workshops, and one-on-one sessions are available throughout the year.

LOCKERS – IMPORTANT INFORMATION

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Friday, September 6th**. After this date, the locker will become available for another student.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be reached at 312-949-7401 or kbrownfi@eyecare.ico.edu. Please contact her by **Friday, September 6th** with your locker number or the locker will be made available to another student.

After reviewing the sign-up sheet we have found that there are several students occupying more than one locker. If you occupy more than one full locker, please remove the lock from one of the lockers and remove your name for that locker on the sign-up sheet. However, it is acceptable to occupy two half lockers. The Student Affairs Office would appreciate your cooperation in this matter.

Master Calendar

The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflict and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in advance of any activity planned for the College community.

ATTENDANCE

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Student Affairs Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

COURTYARD

Weather permitted, student organizations are welcome to use the Courtyard for various

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functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

STUDENT MAIL

All student mail addressed to the school should include your ICO Box Number along with your class year, for example:
John Doe, ___year
3241 South Michigan Avenue
Box #_____
Chicago, IL 60616
This will help expedite the sorting and delivery of your mail.

The mailroom hours are Monday through Friday, 8:30 a.m. - 4:30 p.m. Mail must be in the mailroom by 3:30 p.m. each day to be included in that day's outgoing mail.

The mailroom makes every effort to deliver mail to your mailboxes no later than 2:00 p.m., however, we are occasionally delayed. Please be patient and you will have your mail no later than 4:00 p.m. If you are expecting something important, please feel free to stop by the mailroom and check with us, we will be more than happy to help you.

RULES AND REGULATIONS TO BE AWARE OF:

New Student Guide

You will receive a copy of the 2002 Student Guide during the first week of classes. Copies are available in the Student Affairs Office. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Use of Alcohol at ICO

Student organizations may not use alcoholic beverages in the educational, clinical, recreational or other facilities at ICO, unless the Dean for Student Affairs (Dr. Mark Colip) gives permission. Such permission (i.e. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

Facilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for auditing purposes.

Smoking at ICO

Please note that ICO is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

PARKING GARAGE

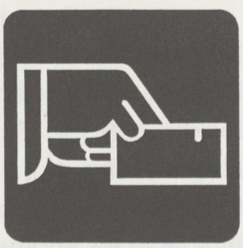
The parking spaces in the main entrance are for College visitors. Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing.

Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

STREET PARKING

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parking during cleaning hours.

STUDENT I.D. CARDS TO BE WORN AT ALL TIMES



The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. Photo Identification Cards are issued to all

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students. Your I.D. number remains the same throughout your professional schooling at ICO. Photo identification cards are issued to all students and must be prominently displayed at all times while on college property. The front desk staff will check to make sure all students and staff are wearing their I.D. badges when they enter the building. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.

Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security immediately. For students, staff and faculty, a temporary badge will be issued from Security if the badge is forgotten.

If you loose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is $25. An application to purchase a spouse I.D> card may be obtained from the Student Affairs Office. The fee is $5.00 to be paid at the ICO Cashier. The application and receipt need to be submitted to the OneCard Office, Room 1013, in Brady Hall.

BOOKSTORE HOURS

Monday - Friday
9:30 a.m. – 4:30 p.m.

CAFETERIA HOURS

Monday-Friday:
Breakfast - 7:30 - 9:30 a.m.
Lunch – 11:30 a.m. – 2:00 p.m.
Dinner - 5:00 p.m. - 7:00 p.m.

Saturday:
Brunch - 11:30 a.m. - 2:30 p.m.
Sunday:
Dinner - 4:00 to 6:00 p.m.

CASHIER HOURS

Monday - Friday
11:00 a.m. - 1:00 p.m.

LIBRARY HOURS

Monday - Friday 8:00 a.m. – midnight
Saturday 9:00 a.m. – midnight
Sunday 10:00 a.m. - midnight

BULLETIN BOARDS

Interested in posting a notice on the appropriate bulletin board? Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:

AOA-PAC - outside the Bookstore
Campus event calendar - glass case outside Room 1200 (see Kathy in Student Affairs to get events posted)
Class Schedules - column outside the Student Affairs Office
Financial Aid - outside the Financial Aid Office
1st year academic related information - outside Room 1200
4th year class - 2nd floor lounge
For sale items - above mailboxes
Housing (off campus) - President's Circle Lounge/Mailroom or in a binder in the Student Affairs Office
Jobs - column outside the Student Affairs Office (off campus), Financial Aid Office (work-study)
Note Service - south wall at library entrance
Part-time student job opportunities - column outside the Student Affairs Office
Registrar's information - column outside the Student Affairs Office
RC resident information - RC entrance
Student Association news, etc. - President's Circle Lounge
Schedules - column outside the Student Affairs Office
2nd year class - outside Room 1201
Social activities - mailbox area and class bulletin boards

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Special events board - outside mailbox area
SVOSH - outside the Bookstore
3rd year class - outside Room 1202 (upper west entrance)
Work-study - outside Financial Aid

STUDY AREAS

There are several study areas located on campus designated for studying. Applicable locations and hours are given:

Library

Monday - Friday	8:00 a.m. - midnight
Saturday	9:00 a.m. - midnight
Sunday	10:00 a.m. - midnight

Brady Cafeteria

Monday - Sunday	7:30 a.m. - 3:00 a.m.

President's Circle Lounge (Mail Foyer)

Monday - Sunday	24 hours

Student Lounge (2nd floor near the Bookstore)

Monday - Friday	7:00 a.m. - 9:00 p.m.
(closed in the evenings for cleaning)	
Saturday	8:00 a.m. - 2:00 p.m.
Sunday	Closed

Laboratories

Monday - Friday	5:00 a.m. - 11:00 p.m.
Saturday - Sunday	1:00 p.m. - 6:00 p.m.

**Pre-clinic Laboratory has special hours and usage guidelines. See your instructor or Dr. Baker.*

LOST AND FOUND

The lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

The Gregg Steele ICO Players Present...

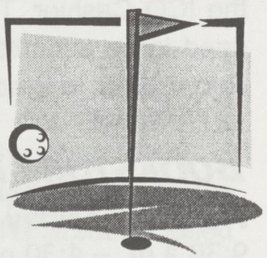


Come join us Friday, August 23rd for the Faculty Blindspot and the Gregg Steele-ICO Players in Tim Kelly's "Egad the Woman in White". The Blindspot will start at 5pm and the play will begin at 7pm. All proceeds will be given to the Dr. Gregg Steele Memorial Scholarship Fund. Look for photos in the next ICO JIOA column.

ICOlympics

Attention all students, faculty, family and friends, the time has come to show off your competitive spirit. The ICOlympics are just around the corner. Saturday August 24th at the IIT Athletic Field starting at 11:00am. There will be a variety of competitions, free food, prizes, t-shirts and lots of fun. Sign-up sheets for the competitions will be posted in the President's Lounge. Remember to bring your family and friends, join the festivities and be ready for a good time. Any questions contact Liz at x7828 or Lynn at x 7403

STUDENT ASSOCIATION GOLF OUTING



Attention Faculty, Staff, Students and Alumni. The Illinois College of Optometry Student Association is proud to announce the second annual Student Association Golf Outing. This year's event will be held at the beautiful Cardinal Creek Country Club in Beecher, Illinois on Saturday, September 14th with a shotgun start at 1:00 p.m. The event will be played in a best ball tournament format; all ability levels are welcome. The day's festivities include beer, wine and soda before and after the event, a hot dog and beer at the turn, closest to the pin and longest drive prizes, and a buffet style dinner following the event. Registration for the event will begin the week of Monday, August 26th and will be held

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outside Room 1200 in between scheduled classes. The registration fee of $80.00 can be applied to your student account or in a check made payable to the ICO Student Association. All proceeds will benefit the Student Association Scholarship Fund which is open to all students. Hurry to reserve your foursome as spots will fill up quickly. If you are in need of players to complete your foursome or have any questions regarding the outing, please feel free to call Elizabeth Chu 949-7828, Amy Birr at 773-665-4612, or Dr. Vincent Brandys x7079.

STUDENT ORGANIZATIONS

All student organization leaders need to submit a list of their newly elected officers for 2002-2003 to the Student Affairs Office as soon as possible.

Contact Lens Society

Our first lunchtime event will be on August 22, at 12 in Room 1201. The presentation will be by Soderberg about specialty contact lens: keratonconic, aspheric and bifocal. Lunch will be provided so sign-up is required outside 1200 on the third year bulletin boards. Please call Jaime Okamura at x 7940 or email at bzzyb2306@hotmail.com with any questions.

Please note these future events:

- September 19 at 12 in room 1201
- October 10 at 12 in room 1201

Special Olympics Vision Screening - Medfest

Medfest 2001 was a great success. We expect this year's Medfest to be even bigger and better. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening.

I am looking for volunteers (OD's, students, staff) to help at Medfest 2002. We providing vision screenings at the United Center on September 18th, 8:00am-2:00pm. Any help would be greatly appreciated. If interested let me know by Sept 1st.
Thanks,
Melissa Sigler, OD

IIT SHUTTLE BUS

IIT Bus Drivers are now required to check for IIT Identification Cards. Non-IIT riders are still able to use the services for $1/ride. As a convenience to ICO students, faculty and staff, the Business Office has worked out an arrangement with IIT whereby bus tickets can be purchased in books of 10 rides ($10) from our Cashier, during regular cashier hours (no refunds). The College has to pay for these books in advance so if tickets run out then can be purchased at the IIT Bursar's Office, right across the street from ICO.

Notice of Texas Jurisprudence Examination

During Year 2003, the Texas Optometry Board will administer its Jurisprudence Examination for a License to practice therapeutic optometry in the State of Texas according to the following schedule:
January 16, 2003 – Filing deadline December 6, 2202 – Location: Austin
May 12, 2003 – Filing deadline March 28th, 2003 – Location: Houston
July 17th, 2003 – Filing deadline June 6, 2003 – Location: Austin
October 16, 2003 – September 5, 2003 – Location: Austin

NBEO Exam Schedule for 2003

Monday – Tuesday, April 7-8, 2003
Thursday – Friday, August 21-22, 2003

Note: These dates include the National Board Examination dates at which one may take the Jurisprudence examination provided a Texas application has been timely filed with the Texas Optometry Board.

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An applicant who had not graduated from an approved college of optometry may sit for the Jurisprudence examination provided the dean certifies to the board that the applicant is in good standing and in the final semester prior to graduation. Grades and licensure will be held until such time as graduation occurs.

Being licensed as a therapeutic optometrist in Texas doe not give the license status as an Optometric Glaucoma Specialist. To prescribe oral pharmaceuticals and treat glaucoma in Texas will require additional course work and examination.

To obtain a Texas license application form and information contact:
Texas Optometry Board
333 Guadalupe St, Ste 2-420
Austin, TX 78701-3942
(512) 305-8500
website: http://www.tob.state.tx.us



Library News

Welcome to all new students and faculty and a welcome back to all returning ICO family members. The library has been busy over the summer. We have switched the online catalog to iLink from iBistro. It operates the same but has a different look. Stop by the library and ask for a demonstration or go to http://20.1.0.46/library.htm on any College computer. If you are outside the College, you can use www.library.ico.edu to access the library web page and get to iLink from there. You will need your User ID and PIN to access VisionCite Article database from off campus. Stop by and ask a Librarian for your personal information. Also ask if you do not know what VisionCite is.

Recently added to the library web page are active links to full text online electronic journals. Click on the link and you should go right to the periodical's web site. Some of the titles require a password and account name. Any of the librarians can give you that information. More titles will be added throughout the year.

In future endeavors, you should be able to see what titles the Library owns when you do a PubMed search.

Fall library hours start August 20, 2002. They are:

Monday-Friday	8 am to 12 midnight
Saturday	9 am to 12 midnight
Sunday	10 am to 12 midnight

We look forward to working with you this year.
The Library Staff.

ICO Grads Chosen for Residencies

ICO has always had many of its graduates chosen by various residency programs around the country. It's our pleasure to announce that the following doctors have been placed in the residency programs indicated:

- **Christina Bartimus** - Binocular Vision and Pediatric Optometry, ICO
- **Robert Behan** – Low Vision Rehabilitation and Ocular Disease, The Chicago Lighthouse for People who are Blind or Visually Impaired and ICO
- **Tausha Barton** – Ocular Disease and Low Vision Rehabilitation, Chicago Health Care Systems, West Side Division and Hines VA Hospital
- **Linda Bityou** – Binocular Vision and Pediatric Optometry, ICO
- **Anjela Bosjolie** – Primary Care, Lexington VAMC
- **Andriena Clemenson** – Primary Care, ICO
- **C. Dawn Glover** – Primary Care, Tuscaloosa VA Hospital
- **Paul Grenier** – Primary Care, ICO
- **Judy Huang** – Primary Care, West Los Angeles VA Hospital

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- **Shelley Huff** – Primary Care, Ochsner Clinic
- **Megan Hunter** – Ocular Disease, Bascom Palmer Hospital
- **Alexa Lupfer** – Ocular Disease, Baltimore VAMC
- **Jessica Maley** – Refreactive Surgery Co-management and Anterior Segment Disease, Davis Duehr/Dean
- **Thabo Mapitse** – Primary Care and Ocular Disease, Hudson Valley VA Healthcare System, Montrose, NY
- **Shanida Patsamarn** – Rehabilitative Optometry and Primary Care, Palo Alto VA Hospital
- **Sarah Pilat** – Primary Care, Huntington VAMC
- **Anne Polasek** – Primary Care, Northeastern State University College of Optometry
- **Jola Rzegocki** – Contact Lenses, Pa College of Optometry
- **Barbara Schmaltz** – Primary Care, Pa College of Optometry
- **Prayag Shah** – Primary Care, ICO
- **Michael Sirott** – Primary Care, Huntington VAMC
- **Brian Snyder** – Ocular Disease, Minnesota Eye Consultants
- **Kevin Tanner** – Ocular Disease, Triad Eye Medical Clinic and Cataract Center
- **Danae Walsh** – Family Practice, University of Houston
- **Jeffrey Doot** - Residency in Primary Care at the Edith Nourse Rogers VA Hospital in Bedford Massachusetts

Faculty Updates

Dr. Maino

Yank & Aussie ODs Team Up

Australian optometrist, Rashelle Cohen, BSc Optom and ICO USA optometrist, Dominick Maino, O.D., M.Ed., presented a joint lecture on the eye and vision care of individuals with Fragile X Syndrome for the 8th International Fragile X Association meeting held this past summer in Chicago to many of the almost 1,000 attendees from around the world. Ms Cohen also observed the Illinois Eye Institute's Developmental Disability Service students, patients and faculty in action while in the United States.

Hello Hello

ICO welcomes many new faces this year. Say hello to our new residents: Dr. Christina Bartimus (Pediatric/Binocular Vision), Dr. Robert Behan (Low Vision Rehabilitation and Ocular Disease), Dr. Linda Bityou (Pediatric/Binocular Vision), Dr. Aisha Cheng (Primary Eye Care), Dr. Andriena Clemenson (Primary Eye Care), Dr. Paul Grenier (Primary Eye Care), Dr. Marsha Malooley (Contact Lens), Dr. Neha Patel (Primary Eye Care), Dr. Prayag Shah (Primary Eye Care). New faculty include: Dr. Geoffrey Goodfellow, Dr. Wendy Haaland, part-time, Dr. Zeinur Khakoo, part-time, Shmaila Tahir.

ICO Sponsoring Fellowship of Christian Optometrists CE

Dr. Kelly Frantz is coordinating a 15-hour continuing education program, sponsored by ICO, for the annual Fellowship of Christian Optometrists conference in September, in Pensacola Beach, FL.

ICO Low Vision Specialist Very Busy

Dr. Derrald Taylor gave three presentations at the biannual meeting of the National Association of Albinism and Hypopigmentation (NOAH) in Corcord California. He also presented at the low vision District 1-B Lions Jamboree meeting in Beecher Illinois highlighting the Jacksonville ISVI Pediatric LV clinic which he has supervised for over 26 years, and finally Dr. Taylor chaired the Discovery conference on Low Vision held at the Ramada Congress in Chicago Sept. 26-28. The program included over 60 presentations regarding the medical, low vision, special education, vocational rehabilitation, orientation and mobility and counseling of persons with vision impairment.

AOA OLI Team/Committee Leadership Training

The American Optometric Association has

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chosen Dr. Dominick Maino to continue his role as a trainer in the Optometric Leadership Institute. He recently went to the James McGregor Burns Academy of Leadership at the University of Maryland and participated in a 4-day training session on Team & Committee Leadership. The OLI program is available to all state and regional optometric associations. Please contact the AOA for additional information.

ICO @ Special Olympics

Two hundred and seventy-seven athletes were examined at the Illinois State Special Olympics Opening Eyes Vision Screening this year during the weekend of June 21 & 22. The following faculty participated in this event: Drs. Christine Allison, Sandy Block, Ruth Trachimowicz, Dan Roberts, Kelly Frantz, Geoffrey Goodfellow, & Melissa Sigler. See this JIOA issue for more information about the Special Olympics!

Good Bye Good Bye

We're sad to see the following faculty leave us, but we do wish them the very best! Good-bye and good luck to: Dr. Jane Bachman (relocating to Wisconsin), Dr. John Conto (relocating to Wisconsin) and Dr. Ingryd Lorenzana who is now teaching at the Southern College of Optometry.

Glaucoma Support Group Has Faculty Involvement

New faculty member, Dr. Paul Rhee serves as the staff O.D. for the Vision of Hope Glaucoma Support Group at IEI.

Faculty Publications/Scientific Presentations

Ruth, J. H., Volin, M. V., Haines, G.K., 3rd, Woodruff, D. C., Katschke, K. J., Jr., Woods, J. M., Park, C. C., Morel, J. C., Koch, A. E. Fractalkine, A Novel Chemokine in Rheumatoid Arthritis and in Rat Adjuvant-Induced Arthritis. Arthritis Rheum., 2001, Jul; 44(7):1568-81.

Volin, M. V., Woods, J. M., Amin, M. A., Connors, M. A., Harlow, L. A., Koch, A. E. Fractalkine: A Novel Angiogenic Chemokine in Rheumatoid Arthritis. Am J. Patho, 2001, Oct; 159(4):1521-30.

Budenz DL, Rhee P, Feuer WJ, McSoley J, Johnson CA, Anderson DR. Sensitivity and Specificity of the Swedish Interactive Threshold Algorithm for Glaucomatous Visual Field Defects Ophthalmology - June 2002

Budenz DL, Rhee P, Feuer WJ, Johnson CA, McSoley J, Anderson DR. Comparison of glaucomatous visual field defects using standard full threshold versus the Swedish interactive threshold algorithms (SITA Std and SITA FAST) American Glaucoma Society meeting paper - Puerto Rico (feb 2002)

Perlman, H., Pagliari, L. J., and Volin, M.V.: Regulation of Apoptosis and Cell Cycle in Rheumatoid Arthritis. Curr Mol Med 2001; 1:597-608.

Lesher, G. A., The Pharm Report. J. Ill. Optom Assoc. 57(5):60-61, 2000.

Maino D. ASCOTECH: Web-enhanced courses for students. Optom Ed 2002;27(4):102,131.

Cron MT, Ludlam WM, Maino DM. Annual review of the literature 2000. 2002. J Vis Dev 2001;32(4):1185-252..

Steele, G., Kattouf, V. "No Tears" Pediatric Optometry: Introducing Student Clinicians to Infant Examinations. Optometric Education. Winter 2002.

Ingelse, J., Steele, G. Characteristics of the Pediatric/Adolescent Low Vision Population at The Illinois School for the Visually Impaired. Optometry, December, 2001.

Jurkus JJ, Sonsino J. Beyond Blue and Green: The Many Applications of Tinted Contact Lenses. Contact Lens Spectrum, Dec 2001.

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Reeder RE, Boyce PJ, Mika R. The Performance of Two Different Hydrogel Lenses in Symptomatic Dry Eye Contact Lens Patients. Int CL Clinic. Vol 27, 2001.

Cron, M. T., Ludlam, W. M., Maino, D. M. Revision De Los Articulos Publicados en 1999 en diferentes publicaciones cientificias. Cencias de la Optometria Primer Trimestre de 2001:no 30:6-23

Flynn Roberts M, Fishman GA, Roberts DK, Heckenlively JR, Weleber RG, Anderson RJ, Grover S. Retrospective, longitudinal and cross?sectional study of visual acuity impairment in choroideremia. Br J Ophthalmol 2002; 86: 658?662.

C L A S S I F I E D S

Patients Needed for Toric Workshop
Attention Students with Astigmatism.
Receive a free years supply of Contact Lenses plus free lunch! Students needed to sit as patients for a Cooper Vision Soft Toric Workshop on Sunday, November 17. Participants must have a minimum of 0.75 diopters vertexed cylinder in one eye. For more information, please contact: Dr. Marsha Malooley at ex. 7283 mmalooley @eyecare.ico.edu or Dr. Renee Reeder at ex. 7297.

Fourth year students: Teaching assistants needed for BV Disorders
Teaching assistants are needed for the third-year Binocular Vision Disorders course during fall quarter, helping Drs. Frantz and Allison. It's a great review of vision therapy! Labs meet Mon., Tues., Wed., and Thurs. from 9-12, and Wed. from 1-4 pm. There are no labs the first week of the quarter. TAs are also needed to critique weekly record-keeping assignments; this work can be done on your own schedule. If you are interested, please contact Dr. Allison at x7336 or callison@eyecare.ico.edu.

4th Year TAs Needed:
Optometry 262.1 (BV and ACCOMMODATION) needs TAs on Thursdays for labs from 2-3:50 and 4:00-5:50. Third years are in lecture so your help is really needed!! If interested, please notify Dr. Gabriel (Brady 2011, ext. 7313)

From the Mailroom:
Looking for a non stressful, rewarding, work study position? Try the mailroom. Hours are flexible and working conditions are cheerful. If you are interested please see Daisy or call the mailroom at X7085. We need a few reliable students.

Second, Third & Fourth Year Students
Dr. Trachimowicz
HUMAN ANATOMY **TUTORS**
Hi there. Just in case you are looking for something stimulating to do....to keep those "gray cells" active, consider:
TUTORING FOR THE HUMAN ANATOMY COURSE.
You could tutor lecture or lab material or both! Please let me know if you are interested (x 7180 or stop by my office to say hello or catch me in anatomy lab) !
Thanks very much.
PS. it is a great review for the NBEO exam Part 1.

ALL STUDENTS
(yes, you too first year students!)
Dr. Trachimowicz
Cadaver Prosections
If you have experience dissecting cadavers and are interested in helping me prosect our newest acquisition **during the Fall quarter,** please contact me at your earliest convenience! (x 7180; Brady Hall 2017) .

Thanks very much!

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RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Currently the College has seven residency programs with a total of fourteen residents.

Primary Care Optometry –At IEI

Binocular Vision and Pediatric Optometry –At IEI

Cornea and Contact Lens Management – hospital based setting

Ocular Disease and Low Vision Rehabilitation – Sponsored by VA Chicago Helathcare System, West Side Division, and Edward Hines, Jr. VA Hospital

Refractive Surgury Co-mangement and Anterier Segment Disease – offered at Davis Duehr/Dean in Madison Wisconsin

Primary Care Optometry – The Ochsner Clinic depart of ophthalmology in New Orleans, Louisiana sponsors this Primary Care Residency

Low Vision Rehabilitation and Ocular Disease – Sponsored jointly by ICO and the Chicago Lighthouse for the Blind and Visually Impaired.

SCHOLARSHIPS

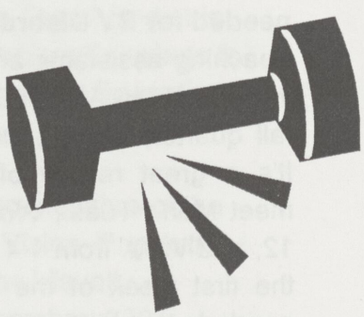
For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
A.H. Basman, O.D. Scholarship (Manitoba Association of Optometrists)	• Manitoba Residents in optometry school • GPA of 3.5	Four Scholarships of $500	September 19, 2002
The Greek Women's University Club	Female college students, with at least one Greek parent who lives in Chicago area.	Depends on donations. Over $500	October 26th, 2002

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

The school year is finally here, and for most of you, that means stress, stress, and more stress. Some of you are already counting the days until graduation, while others of you are excited to get started on your way to becoming an optometrist. Whatever your situation, don't forget the importance of keeping your body healthy and your mind balanced. To help you reach your personal wellness goals, ICO currently offers the wellness services described below.



Fitness Services

We currently offer the following fitness services: body fat analysis, cardiovascular endurance analysis, equipment orientation, fitness assessment, flexibility analysis, general fitness consultation, nutrition consultation,

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sports-specific training analysis, strength and endurance analysis, and workout program design. Articles, brochures, pamphlets, and other reference materials on a variety of health and wellness topics are also available.

Massage Therapy

Seated massage is available every other Thursday from 11 am - 2 pm. A nationally certified massage therapist is on hand to provide 10-, 20-, and 30-minute seated massages at a cost of $10 per 10-minute session.

Fitness Classes

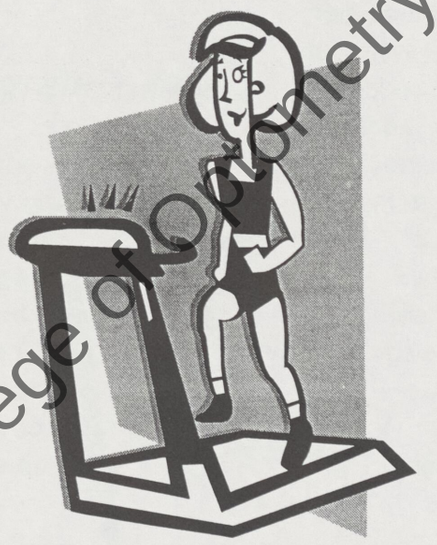
The ICO Fitness Center offers a variety of fitness classes. The fall quarter classes will begin August 27th.Schedules will be posted **on August 22** outside the gym, in the student newsletter, and around campus. Classes are free to students, staff, and faculty. If you are interested in teaching fitness classes, please contact Shelby Lalich at x7460.

Work-study Jobs

The fitness center offers a limited number of workstudy positions to first-year students. If you are interested in working in the fitness center during the fall quarter, please call x7462 for more information.

Information Hotline

The ICO Fitness Center Information Line can be reached at x7462. The line is updated every Monday, and contains information on fitness center happenings for the week. If you have a sports- or fitness-related event you'd like to advertise on this line, please let me know.



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FOCAL POINT

ICO Student Newsletter **August 30, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out September 13th 2002 and the deadline for submissions is September 11th.

CAMPUS NEWS

President's Farewell Ceremony

You are cordially invited to attend the farewell ceremony for President Charles F. Mullen, O.D. on Friday, September 13, 2002.

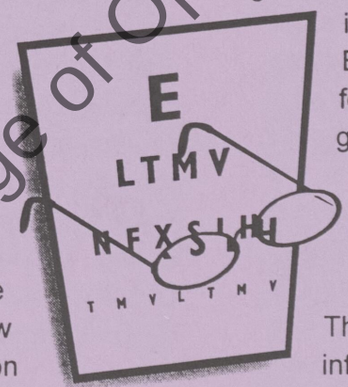
11:00 – 12:30 Open House in the President's Office

1:00 – 2:00 President's Farewell Ceremony – Room 1200

2:00 – 3:00 Open House in the President's Office

ICO Placement Program - On-Line

In order to better serve the needs and interests of our students, new graduates and alumni the Placement Program at the Illinois College Optometry is **on-line and interactive** through ICO's web-site. Through the use of this on-line program, we are able to assist students, new graduates and alumni with locating practice opportunities and hiring new doctors for practices based on demographic information such as location, type of practice, community preference, etc. This program personalizes the Placement Program by eliminating information that is not of interest to the user, and ensures a more efficient and up-to-date opportunity base. Once individual priorities are established it is much easier to narrow the search by locating only those prospects that will appeal to the seeker and also match the needs of the doctors providing practice opportunities.



According to a survey of ICO's 2002 graduating class, when asked the question "If possible, what mode of practice would you choose to pursue after graduation", 79% answered private or group practice would be their choice. The program not only benefits our new graduates but also benefits our Alumni to fill important positions within their practices. It also assists retiring doctors with transitioning their practices, ideally to new graduates, rather than closing them. We feel it's a win-win situation for all involved. Even if you are not in your 4th year, feel free to register for the program, to give yourself an idea of opportunities that are available for our new graduates and begin the important networking process.

The program is simple to use and the information is constantly updated and supervised by the Director of Placement at ICO (Lynn Petrica). Every participant in the program has his or her own access code to enter the program to retrieve, change or update information. This program is exclusively for ICO students, new graduates and alumni and the service is free of charge to all students and alumni.

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Practice opportunities for today's optometrists are more varied than ever before. By this on-line interactive program we can assist our students and alumni in finding the best positions to fit their needs or to locate the best-qualified doctors for their practices. If you are interested in participating in this program, please go to ICO's main web-site www.ico.edu., click on Placement Program, click on Seeker Sign-Up, complete the questionnaire, submit it and you will be notified by e-mail of the activation of your file, usually the same day or the next morning. You will then have complete access to your file at all times to change or edit your information and to search for opportunities and contact providers through the program. If you should have any questions please see Lynn Petrica in Student Affairs, call her at 312-949-7403 or e-mail her at lpetrica@eyecare.ico.edu.

IOA Convention 2002

"One Vision – One Voice"

All ICO students are invited to attend/participate in this year's Illinois Optometric Association Convention at the Crowne Plaza Hotel in Springfield, Illinois. The convention will be held on Friday, September 27th, Saturday, September 28th and Sunday, September 29th. The IOA will cover room charges, at the Crowne Plaza, for students (4 students to a room). Of course students receive free registration, as well as a free Exhibit Hall badge, free admission to all banquets, etc. Food is also provided in the Exhibit Hall on Friday and Saturday. This is a great opportunity to "network" with practicing optometrists and various people from the ophthalmic industry. Registration forms can be filled out in the Student Affairs Office on Tuesday, September 3rd & Wednesday, September 4th. The IOA needs to know the exact number of students participating by the end of the week.

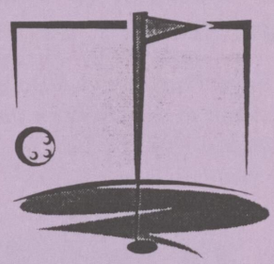
If you should have any questions please see Andrea McCann, Box 217 or see Lynn in the Student Affairs Office. We hope you will take advantage of this wonderful opportunity.

New First Year Class Reps

Congratulations!

Tom Kline and Cat (Catherine) Soriano

Student Association Golf Outing



Attention Faculty, Staff, Students and Alumni. The Illinois College of Optometry Student Association is proud to announce the second annual Student Association Golf Outing. This year's event will be held at the beautiful Cardinal Creek Country Club in Beecher, Illinois on Saturday, September 14th with a shotgun start at 1:00 p.m. The event will be played in a best ball tournament format; all ability levels are welcome. The day's festivities include beer, wine and soda before and after the event, a hot dog and beer at the turn, closest to the pin and longest drive prizes, and a buffet style dinner following the event. Registration for the event will begin the week of Monday, August 26th and will be held outside Room 1200 in between scheduled classes. The registration fee of $80.00 can be applied to your student account or in a check made payable to the ICO Student Association. All proceeds will benefit the Student Association Scholarship Fund which is open to all students. Hurry to reserve your foursome as spots will fill up quickly. If you are in need of players to complete your foursome or have any questions regarding the outing, please feel free to call Elizabeth Chu 949-7828, Amy Birr at 773-665-4612, or Dr. Vincent Brandys x7079.

Student Organizations

All student organization leaders need to submit a list of their newly elected officers for 2002-2003 to the Student Affairs Office as soon as possible.

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Special Olympics Vision Screening - Medfest

Medfest 2001 was a great success. We expect this year's Medfest to be even bigger and better. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening.

I am looking for volunteers (OD's, students, staff) to help at Medfest 2002. We providing vision screenings at the United Center on September 18th, 8:00am-2:00pm. Any help would be greatly appreciated. If interested let me know by Sept 1st.
Thanks,
Melissa Sigler, OD

Website for Pictures

Did you enjoy the ICO Players Presentation of "The Woman in White"? Then go to icoplayers.homestead.com to see lots of pictures.

The OLA

The Optical Laboratories Association is having a 3 day event with education for optical laboratory owners and managers. The dates for this event is November 21-23, 2002 at the Indianapolis Convention Center. They are extending an invitation to the students at ICO to attend THE OLA 2002 on Saturday, Novemeber 23 on a complimentary basis. If you are interested in this event contact Dr. Colip in the Student Affairs Office.



Spotlight on the Library

Library hours Labor Day weekend:
Friday, August 30 8:00am-5:00pm
Saturday-Monday, August 31-September 2 CLOSED
Tuesday, September 3 8:00am-12:00 midnight (normal hours)

Welcome back everyone! We hope that you all had a good summer.

To celebrate the Labor Day weekend, check out some of our donated paperback novels in the Recreational Reading section on the second floor—they are perfect for beach lounging.

Or if you prefer to stay relaxed all year, the Library just received the *The relaxation & stress reduction workbook*, by Martha Davis (RA785.D374 2000). This self-help book covers how you react to stress, progressive relaxation, visualization, self-hypnosis, coping skills training, goal setting and time management, and other topics.

Other new books can be found on the new book shelves next to the photocopier machine on the first floor near the water fountain.

QP231.T43 2002
The tear film: structure, function, and clinical examination by Donald R. Korb ... [et al.].

BF241.B66 2002
Perception of the visual environment by Ronald G. Boothe.

RE551.K36 2002
Diseases of the macula: a practical approach by Jack J. Kanski, Stanislaw A. Milewski ; with contributions from Peter H. Judson ... [et al.].

RE48.9.T76 2002
Field guide to the eyes by Jonathan D. Trobe, Richard E. Hackel.

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RE661.D3N49 2001
New insights into retinal degenerative diseases, edited by Robert E. Anderson, Matthew M. LaVail, and Joe G. Hollyfield.
This is the Proceedings of the IXth International Symposium on Retinal Degeneration, held October 9-14, 2000 in Durango, Colorado. Research articles include topics such as clinical spectrum in autosomal dominant Stargardt's macular dystrophy with a mutation in ELOVL4 gene, X-linked retinitis pigmentosa, molecular basis of achromatopsia, and circadian signaling in the retina: the role of melatonin in photoreceptor degeneration.

QM451.S65 2001
Clinical neuroanatomy for medical students, 5th ed., by Richard S. Snell.

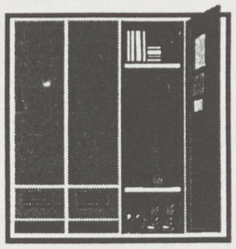
RE871.P495 2000
Pharmacotherapy in glaucoma, by Selim Orgèul, Josef Flammer, (editors).

RE1.I7 v.42 no.3 Sum 2002
Ocular trauma. International ophthalmology clinics, v. 42, no. 3, Summer 2002
Topics include neuroophthalmology and trauma, management of traumatic cataracts, trauma after refractive surgery, ocular injuries in shaken baby syndrome , traumatic ruptured globe injuries in children, and combat eye trauma among others.

RE1.O7 V.15 NO.1 Mar 2002
Mechanisms of ocular disease.
Ophthalmology clinics of North America, v v. 15, no. 1, March 2002
Atopic ocular disease, Varicella-zoster virus, Fuchs' endothelial dystrophy, Stargardt's disease, and thyroid-associated ophthalmopathy are among the topics discussed.

Happy Labor Day and we look forward to seeing you in the Library!

LOCKERS – IMPORTANT INFORMATION



In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Friday, September 6th**. After this date, the locker will become available for another student.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be reached at 312-949-7401 or kbrownfi@eyecare.ico.edu. Please contact her by **Friday, September 6th** with your locker number or the locker will be made available to another student.

After reviewing the sign-up sheet we have found that there are several students occupying more than one locker. If you occupy more than one full locker, please remove the lock from one of the lockers and remove your name for that locker on the sign-up sheet. However, it is acceptable to occupy two half lockers. The Student Affairs Office would appreciate your cooperation in this matter.

ATTENDANCE

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the AcademicAdministration Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if

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you registered it in the past, it is still necessary that you register at the beginning of each quarter.

STREET PARKING



Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue. On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parking during cleaning hours.

NEW CAFETERIA HOURS

Monday-Friday:
Breakfast - 7:30 - 9:30 a.m.
Lunch – 11:30 a.m. – 2:00 p.m.
Dinner - 5:30 p.m. - 7:30 p.m.
Friday Dinner – 5:00 p.m. – 7:00 p.m.

Saturday:
Brunch - 11:30 a.m. - 2:30 p.m.
Sunday:
Dinner - 4:00 to 6:00 p.m.

CLASSIFIEDS

Dr. Lee still needs Lab TA
for BHS-244 Binocular Vision & Ocular Motility:
Wednesday 1-3pm, 3-5pm
Thursday 2-4pm, 4-6pm
Friday 1-3pm

If anyone can help, please call Dr. Lee immediately at ext. 7174.

Workstudy
Dr. Castells is looking for a work study student with strong computer knowledge, particularly in content creation (and adobe premiere 6.0 if possible). Projects include diagram and image/animation creation, course CD-ROM creation, digital video assistance, etc. If you think you might be interested (even if you don't know specific programs) please talk to me. ICO extension 7247 or put a note in my mailbox.

Calling all Pharmacology Whiz Kids
Dr. Lesher needs you. Ok, Boards are over and you feel pretty good about the pharm section. Great, but you know the saying **"Use it or Loose it";** well that was uttered by a pharmacologist. You now have an excellent opportunity to use your pharm knowledge as a tutor in the General Pharmacology course for the current second years. Please contact Dr. L, (x7175; or email – glesher @eyecare.ico.edu) if you have the slightest interest in this wonderful opportunity that also pays cold hard cash.

Library Work-Study Position:
Needed: A work-study student to open the library at 7:00am and stay until 8:00am on test days. If interested, stop in the library workroom or call 7161 and ask for Laurie Curtis.

Patients Needed for Toric Workshop
Attention Students with Astigmatism.
Receive a free years supply of Contact Lenses plus free lunch! Students needed to sit as patients for a Cooper Vision Soft Toric Workshop on Sunday, November 17. Participants must have a minimum of 0.75 diopters vertexed cylinder in one eye. For more information, please contact: Dr. Marsha Malooley at ex. 7283 mmalooley @eyecare.ico.edu or Dr. Renee Reeder at ex. 7297.

Fourth year students: Teaching assistants needed for BV Disorders
Teaching assistants are needed for the third-year Binocular Vision Disorders course during fall quarter, helping Drs. Frantz and Allison. It's a great review of vision therapy! Labs meet Mon., Tues., Wed., and Thurs. from 9-12, and Wed. from 1-4 pm. There are no labs the first week of the quarter. TAs are also needed to critique weekly record-keeping assignments; this work can be done on your own schedule. If you are interested, please

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contact Dr. Allison at x7336 or callison@eyecare.ico.edu.

4th Year TAs Needed:
Optometry 262.1 (BV and ACCOMMODATION) needs TAs on Thursdays for labs from 2-3:50 and 4:00-5:50. Third years are in lecture so your help is really needed!! If interested, please notify Dr. Gabriel (Brady 2011, ext. 7313)

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Currently ICO has seven residency programs with a total of fourteen residents.

Primary Care Optometry –At IEI

Binocular Vision and Pediatric Optometry –At IEI

Cornea and Contact Lens Management – hospital based setting

Ocular Disease and Low Vision Rehabilitation – Sponsored by VA Chicago Helathcare System, West Side Division, and Edward Hines, Jr. VA Hospital

Refractive Surgury Co-mangement and Anterier Segment Disease – offered at Davis Duehr/Dean in Madison Wisconsin

Primary Care Optometry – The Ochsner Clinic depart of ophthalmology in New Orleans, Louisiana sponsors this Primary Care Residency

Low Vision Rehabilitation and Ocular Disease – Sponsored jointly by ICO and the Chicago Lighthouse for the Blind and Visually Impaired.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
A.H. Basman, O.D. Scholarship (Manitoba Association of Optometrists)	• Manitoba Residents in optometry school • GPA of 3.5	Four Scholarships of $500	September 19, 2002
Dr. Leslie Mintz Scholarship Foundation (NJ Society of Optometric Physicians)	• Resident of NJ	Between $500 and $1500	September 25, 2002
The Greek Women's University Club	Female college students, with at least one Greek parent who lives in Chicago area.	Depends on donations. Over $500	October 26th, 2002

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Group Fitness

Are you certified to teach group fitness classes, or do you know someone who is? If so, please contact Shelby at x7460. The ICO Fitness Center is currently looking for instructors available to teach day or evening classes. It's a great job and a great workout!

Massage Therapy

Do classes already have you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, September 12 and Thursday, September 26.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

NEW Group Fitness Class Schedule

Due to schedule conflicts, Ferine's intense abs class has been moved to 9:00 pm. The class is still on Mondays and Tuesdays, and will run until 9:30. Come and try the class everyone is talking about.

Gym Closing

The gym will be closed on Friday, September 6 from 4:00pm-8:00pm.

Eye on Wellness

Top Ten Mistakes People Make in the Gym

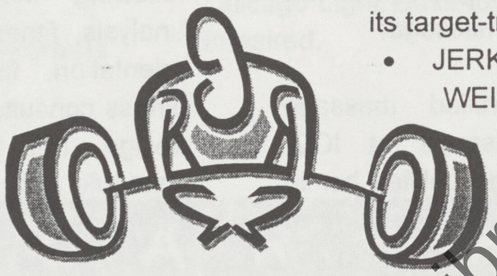
Following an exercise program, and following it correctly are two different things entirely. Making a mistake in a gym might only decrease the results of your workout, or worse yet it might cause an injury. The American Council on Exercise (ACE) conducted a survey of ACE certified professionals to find out what top ten mistakes they were seeing in the gym,

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and they discovered the following:



- NOT ENOUGH STRETCHING
  You should stretch immediately following an aerobic activity while your muscles are warm, and you should hold each stretch for 20-30 seconds.
- LIFTING TOO MUCH WEIGHT
  Never lift so much weight that you sacrifice your form or increase your risk of injury. Slow, gradual progression of resistance is more effective and safe.
- NOT WARMING UP CORRECTLY
  Muscles need 5-10 minutes to adjust to aerobic activity. Begin your workout slowly and gradually increase the intensity.
- NOT COOLING DOWN AFTER THE WORKOUT
  Take a few minutes to lower your workout intensity and reduce your heart rate. Cooling down will improve flexibility and help prevent lightheadedness.
- EXERCISING TOO INTENSELY
  It is more effective to sustain a moderate workout for a longer period of time than to exercise too intensely and run out of energy.
- NOT DRINKING ENOUGH WATER
  If you wait until you are thirsty to drink, you are already dehydrated. Make sure to consume water before, during and after your workout to replace fluids lost during exercise.
- LEANING HEAVILY ON A STAIRMASTER
  Leaning on the stair stepper is hard on your wrists and back. It also is a form of "cheating". Lower the intensity and maintain proper form.
- NOT EXERCISING INTENSELY ENOUGH
  Exercise intensely enough to work up a sweat and get your heart into its target-training zone.
- JERKING WHILE LIFTING WEIGHTS
  When you are jerking the weight it is likely that the weight is too heavy and you are putting yourself at risk for injury. You can strain or injure the muscles in your back, so it is better to reduce the amount of weight and maintain stability.
- CONSUMING ENERGY BARS AND SPORTS DRINKS DURING MODERATE WORKOUTS
  Unless you are working out for longer than two hours per day, you don't need to supplement with high-energy bars and drinks. Water and a healthy diet are enough to help you recover from your workout.





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Fall Quarter Fitness Class Schedule

Effective Tuesday, August 27, 2002

Mondays:

12:00 pm - 1:00 pm
Circuit Slam
Shelby

9:00 pm - 9:30 pm
Intense Abs
Ferine

Tuesdays:

3:30 pm - 4:30 pm
Fatburner Cardio
Erica

9:00 pm - 9:30 pm
Intense Abs
Ferine

Wednesdays:

12:00 pm - 1:00 pm
Step Burner
Erica

Thursdays:

1:00 pm - 2:00 pm
Ultimate Conditioning
Shelby

Fridays:

:00 am - 11:45 am
Power Pacing
Shelby

11:45 am - 12:30 pm
Upper Body Blast
Shelby

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REVISED (8/29/02)

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
	PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME		
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
4-Sep W	BHS-114 Human Anatony **Room 1200-1203**		
6-Sep F	BHS-116.1 Human Physiology **Room 1200-1203**	BHS-254.1General Pharmacology **Room 1201-1202**	
9-Sep M	BHS-120.1 Geometric and Theo Optics **Room 1200-1203**		
10-Sep T			CLE-365.2 Contact Lenses II **Room 1201-1202**
11-Sep W		CLE-262.1 Optometry 2.1 **Room 1200-1203**	
12-Sep TH	BHS-140.1 Sensory Aspects of Vision **Room 1200-1203**		
13-Sep F		CLE-270.1 Ophthalmic Optics **Room 1200-1203**	
16-Sep M	BHS-150.1 Biochemistry **Room 1200-1203**		
17-Sep T		BHS-212 Ocular Physiology **Room 1200-1203**	BHS-363.2 Ocular Disease III **Room 1201-1202**
18-Sep W	BHS-114 Human Anatony **Room 1200-1203**		
19-Sep TH		BHS-244 Binoc Vis/Ocul Motility **Room 1200-1203**	
20-Sep F	BHS-120.1 Geometric and Theo Optics **Room 1200-1203**		CLE-375 Binoc Vis Disorders **Room 1201-1202**
24-Sep T	BHS-116.1 Human Physiology **Room 1200-1203**	BHS-254.1General Pharmacology **Room 1201-1202**	
25-Sep W			BHS-360.1 Clinical Medicine **Room 1201-1202**
26-Sep TH	CLE-162.1 Intro to Optometric Procedures **Room 1200-1203**		
27-Sep F		CLE-262.1 Optometry 2.1 **Room 1200-1203**	
30-Sep M	BHS-150.1 Biochemistry **Room 1200-1203**		
1-Oct T		CLE-270.1 Ophthalmic Optics **Room 1200-1203**	
2-Oct W	BHS-140.1 Sensory Aspects of Vision **Room 1200-1203**		
4-Oct F	BHS-114 Human Anatony **Room 1200-1203**	BHS-212 Ocular Physiology **Room 1201-1202**	
8-Oct T		BHS-254.1General Pharmacology **Room 1200-1203**	CLE-365.2 Contact Lenses II **Room 1201-1202**
9-Oct W	BHS-116.1 Human Physiology **Room 1200-1203**		
10-Oct TH			CLE-375 Binoc Vis Disorders **Room 1201-1202**
11-Oct F	BHS-120.1 Geometric and Theo Optics **Room 1200-1203**	CLE-262.1 Optometry 2.1 **Room 1201-1202**	
14-Oct M	BHS-150.1 Biochemistry **Room 1200-1203**		
15-Oct T		CLE-270.1 Ophthalmic Optics **Room 1200-1203**	BHS-363.2 Ocular Disease III **Room 1201-1202**
17-Oct TH	BHS-140.1 Sensory Aspects of Vision **Room 1200-1203**		
18-Oct F		BHS-244 Binoc Vis/Ocul Motility **Room 1200-1203**	
22-Oct T			BHS-360.1 Clinical Medicine **Room 1201-1202**

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FOCAL POINT

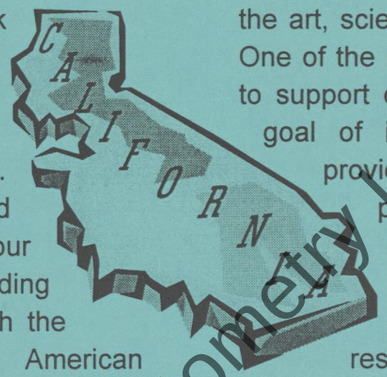
ICO Student Newsletter **September 13, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out September 27th 2002 and the deadline for submissions is September 25th.

C A M P U S N E W S

Academy 2002 San Diego: The Meeting for Optometry Students

The life of an optometry student can be challenging, exciting and work intensive. Your goal is to get a good education at a good value. But your education doesn't take place exclusively in the classroom. Professional meetings and conferences can supplement your coursework, connect you with leading optometrists and provide you with the latest in research and practice. American Academy of Optometry meetings attract a large and diverse following year after year because they offer a dynamic educational program, great networking opportunities and internationally recognized speakers. This year's conference, **Academy 2002 San Diego, will be held December 12 -15 at the San Diego Convention Center**.



"Caring for Patients with Diabetes" will be the theme of the meeting, although a full range of optometric issues will be on the agenda. The Academy attracts more than 4,000 optometrists from all specializations at its annual meetings. Students can take advantage of the conference's lectures, receptions and other events available for a mere forty dollars – a tremendous savings over the registration fee charged to professionals.

What is the American Academy of Optometry?

The mission of the Academy is to "Promote the art, science and research of vision care." One of the main purposes of the Academy is to support eye and vision research with the goal of improving eye and vision care provided by optometrists to their patients. The Academy's membership of more than 5,000 includes vision scientists, biomedical scientists, clinical researchers, optometrists in professional practice, and leaders in optometry and student members.

*Why are Academy meetings "**The** meetings for optometrists?"*

The Academy is committed to promoting the vital exchange of information among those working in the field of optometry. The conferences attract a diverse representation, which encourage various disciplines to learn from each other. But the meetings are also intimate enough to promote the sharing of ideas among *all* who attend. Learning opportunities abound. But when it's time to relax, there are many opportunities to network with peers and make contacts that will assist your professional development and last a lifetime.

The highlights of Academy 2002 include:

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- The undisputed best networking experience in optometry
- A program of study that allows attendees to choose from lectures, papers, workshops, posters and symposia session that address diabetes and eye care, as well as other issues in optometry
- An exciting host city, complete with sun, fun and 65 degree temperatures

And there's more!

If you're a student, there are even more reasons to choose Academy 2002 San Diego. Not only do students receive a discounted conference rate, but the Academy has also reserved a block of rooms at the Clarion Hotel Bay View in San Diego at a reduced student rate. The Academy offers travel fellowships and student worker positions that allow students to earn spending money while working at the conference. **The deadline for submitting applications for the travel fellowship and worker positions is October. Information can be obtained from the Academy website at www.aaopt.org.**

Of course, the Academy expects students to have fun too and encourages them to attend special student luncheons, the infamous Australia Party and other informal events that put students in touch with students and professionals from across the country and around the world.

Don't wait. Academy 2002 San Diego is a great way to become involved with others in the field and hear the latest about research and practice. If you choose one conference this year, choose Academy 2002 San Diego. For more information, go to www.aaopt.org.

Attention Students Attending the Academy Meeting

San Diego 2002, December 12-15

Travel fellowships to the annual Academy meeting will once again be available to ICO students, thanks to the Dean's Office, Illinois Chapter of the American Academy of Optometry, and the ICO Student Chapter of the Academy. The amount and number of fellowships will be dependent on the number of students applying and their level of activity in the Academy. Preference will be given to students who will be presenting a poster at this year's meeting, who are actively involved in the Academy student chapter, and who are pursuing fellowship in the Academy upon graduation. Any ICO third or fourth year student attending the Academy meeting may apply for a travel fellowship. (Any first or second year student presenting a poster is also eligible for an award.) If you are interested please complete the following instructions.

1. Provide a brief statement (paragraph or two) as to why you should be considered for one of the travel fellowships. This statement should detail your specific contribution to work to be presented or your involvement in the Academy student chapter.
   - If you are presenting a poster at the meeting please include a copy of the abstract as it was submitted to the Academy.
   - You must specify the order of authorship as it was submitted.
   - You must also include a copy of the acceptance statement from the Academy.
   - If you had a poster abstract submitted and rejected, please include a statement about the intended presentation.
2. A short written statement must be submitted from the faculty member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.
3. Turn the completed statement with supporting documents in to Dr. Mary

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Flynn Roberts by 5pm, October 4th. You can place the statement in my mailbox, send it to me via e-mail at mflynn@eyecare.ico.edu or fax it to my attention at 312-949-7653.

4. Include your name, box number or address, and year on the statement.

A committee of five ICO faculty members who are Academy fellows will review the statements and designate the award recipients. Any student awarded a travel fellowship from the Academy or any other organization will not be eligible for this award and the money will be then given to another student

Dr. Flynn Roberts

Student Technology Advisory Group

I would like to establish a group of students to serve in an advisory capacity as we look at current technology and Internet needs on ICO's campus. I will be selecting approx. 2 students from each Class as well as an additional few students from the RC. If you would be interested in serving in this role and are able to commit to a few meetings each quarter, please drop me a brief note with the following information:

Name
Year
Box Number
e-mail address
why interested
brief background in this area

I'd like to get the group together before the end of September so I'll need you to express your interest to me by Sept. 18.

Thanks,
Dr. Colip
mcolip@eyecare.ico.edu

Congratulations!

The Office of Admissions would like to thank everyone who applied for Interview Day Tour Guide and Host positions for Fall quarter. We received a record number of applications this quarter so the competition was tough! I would like to congratulate the following outstanding students who were selected to be Admissions Tour Guides and Hosts for the Fall 2002 quarter.

Ferine Ali
Liz Chu
David Coward
Beth Gabbard
Katie Garvey
Samantha Hair
Jing Han
Kristina Jordan
Vikas Kumar
Luis Lewis
Bi Li
Albert Licup
Rezah Mohamed
Jesse Peterman
Hansini Prasad
Kelly Van Haaften

Congratulations and Thank You!
Aisha Davis
Office of Admissions



Spotlight on the Library

Upgrades

The library has added a 250 mb zip drive to two computers in the library computer rooms. Dell09 which has the HP flatbed scanner on the first floor and Dell10 on the second floor have the zip drives for your convenience. The College has also upgraded the Lecture Center computers. *Gerald Dujsik*

Videotapes

Did you miss "Egads, the Woman in White," a tale of treachery, human frailty revealed, and suffering unabated recently performed by the Gregg Steele ICO Players or want to relive again the heart rendering scenes? The Library has the videotape of that ripping melodrama, as well as video recordings of the

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ICO performances of "Ten Little Indians" and "The Mousetrap." Check them out for overnight viewing or watch them in the Library.

Printing in The Library

PowerPoint presentations

Did you ever feel the burning desire to print a PowerPoint presentation rather than read it online? If you absolutely feel the need to print one out, here is a procedure to do so that will save paper and toner and the library budget.



MS PowerPoint97

Do **NOT** use the printer icon **EVER!**

Go to File – Print.

In the Print What box – change the default from **slides** to **handouts (6 slides per page)**

Choose pure black and white check box.

If you only need selected slides, enter the ones you need in the **Print range box**.

MS PowerPoint2000

Do **NOT** use the printer icon **EVER!**

Go to File – Print.

In the Print What box – change the default from **slides** to **handouts.**

This will bring up the Handouts box. Choose slides per page 6.

Choose pure black and white check box.

If you are using the Internet to view PowerPoint slides, such as Dr. Gurka's presentations, and you want to print them, you may have to download them first on to the computer's hard drive and then use the PowerPoint instructions above.

Printing Web Pages

Did you ever print a web page and the second or last page just had a useless line or two of text on it that you discarded anyway? Try using **File - Print Preview.**

Netscape 4.7 and Internet Explorer 6.0 both have file - print preview.

Netscape 6.x and Internet Explorer 5.0 do not have file - print preview. Choose your browser wisely. You can also just print selected pages using File - Print and entering 1-1 to get one page if that is all that you need.

Thanks for your cooperation. Thanks for saving trees and the environment. Thanks for saving my printer and toner budget.

Gerald Dujsik

Business Cards

Vistaprint.com is a website where you can order free business cards. All you pay is shipping.

Security Reminder

Students are NOT allowed to park in the IEI patient parking lot. **When street parking please do not leave property in plain view.** All this will do is encourage theft!

CLASSIFIEDS

HELP WANTED

Students~

Got idle time in your schedule and an empty pocket? Let me make that lucrative for you. I need your time, 4-7 hours per week, for light office work. Interested parties should contact Celeste Graham at 312-949-7310 or see me in Brady Hall room 2028.

Patients Needed for Toric Workshop

Attention Students with Astigmatism.

Receive a free years supply of Contact Lenses plus free lunch! Students needed to sit as patients for a Cooper Vision Soft Toric Workshop on Sunday, November 17. Participants must have a minimum of 0.75 diopters vertexed cylinder in one eye. For more information, please contact: Dr. Marsha Malooley at ex. 7283 mmalooley @eyecare.ico.edu or Dr. Renee Reeder at ex. 7297.

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RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Currently ICO has seven residency programs with a total of fourteen residents.

Primary Care Optometry –At IEI

Binocular Vision and Pediatric Optometry –At IEI

Cornea and Contact Lens Management – hospital based setting

Ocular Disease and Low Vision Rehabilitation – Sponsored by VA Chicago Healthcare System, West Side Division, and Edward Hines, Jr. VA Hospital

Refractive Surgery Co-management and Anterior Segment Disease – offered at Davis Duehr/Dean in Madison Wisconsin

Primary Care Optometry – The Ochsner Clinic depart of ophthalmology in New Orleans, Louisiana sponsors this Primary Care Residency

Low Vision Rehabilitation and Ocular Disease – Sponsored jointly by ICO and the Chicago Lighthouse for the Blind and Visually Impaired.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
A.H. Basman, O.D. Scholarship (Manitoba Association of Optometrists)	• Manitoba Residents in optometry school • GPA of 3.5	Four Scholarships of $500	September 19, 2002
Dr. Leslie Mintz Scholarship Foundation (NJ Society of Optometric Physicians)	• Resident of NJ	Between $500 and $1500	September 25, 2002
2002 Petry-Lomb Scholarship/Research Grant	• NY State Resident • Financial Need • Academic Standard • Return to NY	$2000 or more	October 15th, 2002
The Greek Women's University Club	Female college students, with at least one Greek parent who lives in Chicago area.	Depends on donations. Over $500	October 26th, 2002
Alcon 2003 Scholarship Award	• 4th year Optometry Studentss • Write a case report that incorporates the use of any Alcon product	$1,000 National scholarship additional $5,000	Feb 1, 2003 to Dr. Colip in the Student Affairs Office

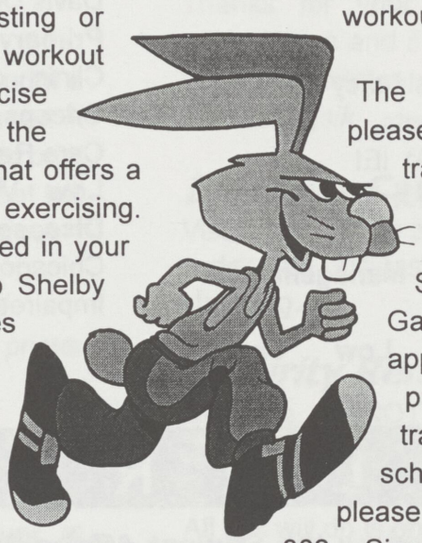
The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Exercise America!!

If you are looking for a way to make your current workout more interesting or want to get started in a new workout program, check out Exercise America. Exercise America is the fall health incentive program that offers a new way to track and record exercising. Registration forms will be placed in your mailbox, and are due back to Shelby Lalich by September 23. Prizes are offered to everyone who completes the program, and raffles will also take place during the program.



Massage Therapy

Are you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, September 26 and Thursday, October 10.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Class Changes

Due to a gym reservation for TB testing, Shelby's Circuit Slam class will be held from 10:00 am – 11:00 am on Monday, September 16. Also, please check your mailboxes in the next week for the final revised fall group fitness class schedule.

Group Fitness Class Descriptions

Are you interested in participating in a group fitness class, but don't know what they are about? If so, take a minute to review the descriptions for the current class offerings.

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Circuit Slam- This class features no choreography. Participants spend 2 minutes at various strength and cardio stations set up by the instructor.

Intense Abs- this class is a 30-minute workout focusing on strengthening the abdominal muscles.

Fatburner Cardio- This is a high intensity cardio step class, which also includes a sculpting segment.

Ultimate Conditioning- This format combines 3-4 minute intervals of intense cardio on the floor or bench, followed by 3-4 minutes of upper and lower body strength training.

Step Burner- This is a step workout with additional muscle conditioning.

Power Pacing- A stationary cycling class which uses visual images and motivational coaching to guide participants though a variety of techniques and positions used by professional cyclists. Participants are guided by the instructor, but also encouraged to work at their own level.

Upper Body Blast- 45 minutes of sculpting focusing on the upper body, lower back and abdominal muscles.

Eye on Wellness

For a number of years, a person's obesity and weight-related health risk were calculated using a body-mass index (BMI). BMI is calculated by taking a person's weight to height ratio. A BMI between 25 and 30 indicates that the person is overweight, while a BMI over 30 would signify obesity.

The main complaint when using BMI is that it doesn't account for weight distribution. It also doesn't take into consideration muscle weight versus fat weight. In response to these complaints, researchers have started to rely on a new index, the ratio of waist size to hip size. It is more useful than BMI because the fat that causes your waist to bulge in front is the most dangerous kind of fat. Also exercise targets abdominal fat, so the more fat there the less likely the person is getting enough exercise to stay healthy.



To calculate your waist/hip ratio, measure your waist at the narrowest point and your hips at the widest point (around the buttocks). Divide the waist measurement by the hip measurement. Your goal should be to measure under 0.92.

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REVISED (9/10/02)

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
	PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME		
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
4-Sep W	BHS-114 Human Anatony **Room 1200-1203**		
6-Sep F	BHS-116.1 Human Physiology **Room 1200-1203**	BHS-254.1General Pharmacology **Room 1201-1202**	
9-Sep M	BHS-120.1 Geometric and Theo Optics **Room 1200-1203**		
10-Sep T			CLE-365.2 Contact Lenses II **Room 1201-1202**
11-Sep W		CLE-262.1 Optometry 2.1 **Room 1200-1203**	
12-Sep TH	BHS-140.1 Sensory Aspects of Vision **Room 1200-1203**		
13-Sep F		CLE-270.1 Ophthalmic Optics **Room 1200-1203**	
16-Sep M	BHS-150.1 Biochemistry **Room 1200-1203**		
17-Sep T		BHS-212 Ocular Physiology **Room 1201-1202**	BHS-363.2 Ocular Disease III **Room 1200-1203**
18-Sep W	BHS-114 Human Anatony **Room 1200-1203**		
19-Sep TH		BHS-244 Binoc Vis/Ocul Motility **Room 1200-1203**	
20-Sep F	BHS-120.1 Geometric and Theo Optics **Room 1200-1203**		CLE-375 Binoc Vis Disorders **Room 1201-1202**
24-Sep T	BHS-116.1 Human Physiology **Room 1200-1203**	BHS-254.1General Pharmacology **Room 1201-1202**	
25-Sep W			BHS-360.1 Clinical Medicine **Room 1200-1203**
26-Sep TH	CLE-162.1 Intro to Optometric Procedures **Room 1200-1203**		
27-Sep F		CLE-262.1 Optometry 2.1 **Room 1200-1203**	
30-Sep M	BHS-150.1 Biochemistry **Room 1200-1203**		
1-Oct T		CLE-270.1 Ophthalmic Optics **Room 1200-1203**	
2-Oct W	BHS-140.1 Sensory Aspects of Vision **Room 1200-1203**		
4-Oct F	BHS-114 Human Anatony **Room 1200-1203**	BHS-212 Ocular Physiology **Room 1201-1202**	
8-Oct T		BHS-254.1General Pharmacology **Room 1201-1202**	CLE-365.2 Contact Lenses II **Room 1200-1203**
9-Oct W	BHS-116.1 Human Physiology **Room 1200-1203**		
10-Oct TH			CLE-375 Binoc Vis Disorders **Room 1200-1203**
11-Oct F	BHS-120.1 Geometric and Theo Optics **Room 1200-1203**	CLE-262.1 Optometry 2.1 **Room 1201-1202**	
14-Oct M	BHS-150.1 Biochemistry **Room 1200-1203**		
15-Oct T		CLE-270.1 Ophthalmic Optics **Room 1201-1202**	BHS-363.2 Ocular Disease III **Room 1200-1203**
17-Oct TH	BHS-140.1 Sensory Aspects of Vision **Room 1200-1203**		
18-Oct F		BHS-244 Binoc Vis/Ocul Motility **Room 1200-1203**	
22-Oct T			BHS-360.1 Clinical Medicine **Room 1200-1203**

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FOCAL POINT

ICO Student Newsletter
Editor: Kathy Brownfield x7401

September 27, 2002

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CAMPUS NEWS

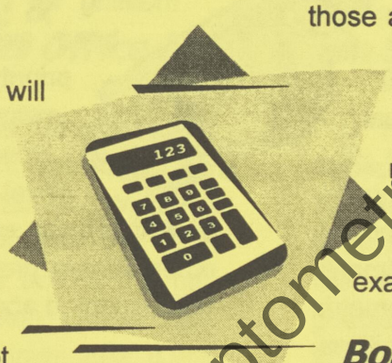
ICO Welcomes New President:

Arol Augsburger, O.D., will arrive on campus on October 1 to assume the Presidency of ICO. Please help Dr. Augsburger to feel welcome at ICO. Opportunities for students and student leadership to meet Dr. Augburger will be announced soon.

Dr. Mullen's last day at ICO will be September 30.

Calculators

Dr. Lesher



Did you ever wonder what calculator to buy? Wonder no more. The decision is not up to you. The ICO calculator policy mirrors that of the National Board of Examiners in Optometry. That calculator policy is simply this.

"Only calculators within the TI-30 series will be permitted. Examples of allowable calculators include the TI-30Xa, TI-30X IIS, TI-34 II, and TI-36X. Any calculator within the TI-30 series is permissible."

"Calculators from any other manufacturer other than Texas Instruments (TI) are prohibited, regardless of capability or similarity to the TI-30 series. Also, no other TI calculator (e.g., TI-25X) will be permitted, even if it is less powerful than the TI-30 model."

The only reason I bring this up is that on the last administration of the NBEO exams, (and in fact on several past exams) some students have had their calculators taken away from them because of this policy. Please do not use any other calculators for ICO exams than those approved for use by NBEO above. Get used to using the TI 30 series. Throw away (or put in storage) any other calculator you have ever used. Believe me, you don't want the hassle and frustration that will be yours if you use any other calculator in one of these exams.

Board Student Affairs Committee Meeting

On Thursday, October 17th from 7:45 – 9:00 a.m. in the Low Vision Conference Room, the Board Student Affairs Committee will be holding a meeting. All students are welcome to attend this meeting and offer their input. Please let Sharon Uher, in the Student Affairs Office, know if you plan to attend.

American Academy of Optometry Student Travel Fellowship Information and Guidelines

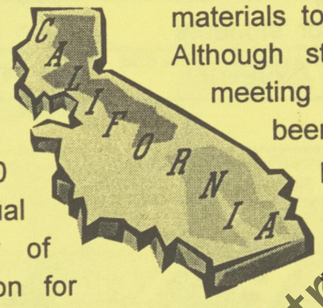
Submission Deadline: AAO Annual Meeting Travel Fellowships: October 1, 2002

One of the main purposes of the American Academy of Optometry is to support eye and

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vision research with the goal of improving eye and vision care provided by optometrists to their patients. Among the approximately 5,000 members of the Academy are vision scientists, biomedical scientists, clinical researchers, optometrists in professional practice, leaders in optometry and student members.

In an effort to promote its research aims and to infuse an appropriate mix of young members into the Academy, the Academy has established a program of student travel fellowships. These fellowships are designed to encourage optometry students, optometric residents, and students in eye and vision related graduate programs to attend key national meetings and exchange scientific ideas on research. Eligible students are those in North America who are currently enrolled full-time or have graduated within a year of the meeting they wish to attend.



Each year the Academy offers a number of travel fellowships of $500 each for students to attend the annual meeting of the American Academy of Optometry (AAO) and the Association for Research in Vision and Ophthalmology (ARVO). Fellowships are awarded primarily for accomplishment or potential in optometric or vision research. Academic abilities, including clinical abilities if relevant, are considered. Being the presenter of a paper or poster is desirable but not required. Award winners will be given one of the following awards based on availability.

1) Frank W. Weymouth Student Travel Fellowship
2) Academy Student Travel Fellowship (The Academy wishes to thank Vistakon for their annual support of the Academy Student Travel Fellowships).
3) Irvin M. and Beatrice Borish Student Travel Fellowship

All Academy travel fellowship applications are reviewed by the Academy's Research Committee. Deadlines vary slightly from year to year in an attempt to notify applicants in a timely manner. Customarily, applications must be received in the office by March 15 and October 1 each year for the ARVO and AAO meetings respectively. APPLICATIONS THAT REMAIN INCOMPLETE AFTER THE DEADLINE DATE WILL NOT BE EVALUATED. Along with the application form, the student includes a one-page statement about his/her accomplishments and potential in scholarship (including clinical and leadership abilities, if relevant), and research (including his or her role in the work for which an abstract has been submitted, when appropriate) and one sealed Confidential Evaluation Form from a faculty member addressing the same points. A faculty member signs the application for accuracy, and the student submits the application materials to the Academy's Rockville office. Although students can apply to attend a meeting for which they have previously been awarded a travel fellowship, priority will be given to first-time awardees whenever possible. However, previous winners for travel to one meeting (either AAO or ARVO) are encouraged to apply for the other. Strong preference is given to students with accepted abstracts.

Students do not apply for a specific fellowship. When evaluating the applications, the Research Committee will place the most weight on the primary criterion specified for each fellowship. Applicants will be notified of the committee's decision prior to the meeting the applicant wishes to attend. The award checks will be presented to the awardees during the meeting they have been awarded a Fellowship to attend. Award winners to the American Academy of Optometry's Annual Meeting, must attend the Saturday morning Research Symposium to receive their award check. Winners of the student travel fellowship to the ARVO meeting must attend the Monday evening AAO/AOA Reception to receive their award check.

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Cornea and Contact Lens Student Travel Fellowship

Awarded by the American Academy of Optometry's Section on Cornea and Contact Lenses. All current residents (in the year of the award) at a North American school or college of optometry in cornea and contact lens may apply for this award to attend the Academy Annual Meeting. Contact Tim McMahon at 312-996-5410 for more information. Applications are also available on the Academy's website, www.aaopt.org.

Workers for AAO Meeting

October 1 is also a deadline for students to submit their work forms. The Friday and Saturday shifts are almost full. I REALLY need students that can work Thursday and Sunday, particularly Sunday afternoon. The worker form is on the student page of the Academy website: www.aaopt.org.

Student Counseling & Enrichment Services Office is moving!

Student Counseling and Institutional Health Services (the Nurse Practitioner) will be "under one roof" in the new "Student Wellness Center" as of Tuesday, October 1st. The Student Wellness Center is across the hall from the labs on the third floor of the main building - the former Sports Vision area. If you need assistance, with a personal or academic issue or if you'd like to connect with a tutor, please stop by Room 3535 or call Beth Karmis at 949-7415.

Chiropractic Care for Students

Starting Friday, October 11th, Bill Kastanes, D.C., will be offering chiropractic care to ICO students through the Student Wellness Center. He will be on-campus every other Friday, from 11:00 a.m. until 2:00 p.m. Dr. Kastanes earned his B.S. in Human Biology and D.C. (Doctor of Chiropractic) from the National University of Health Sciences. Dr. Kastanes is an independent practitioner (not an employee of the College) and students seeking his services are responsible for payment for those services. He has a reduced fee schedule for students ($30 for a basic initial treatment). He also accepts major insurance carriers. Call ext. 7415 to schedule an appointment.

Chiropractic is a safe, effective method of alleviating pain and improving health. Chiropractic specializes in neck, back, and joint pain, headaches, carpal tunnel, auto and sport injuries and arthritis. Many people benefit from chiropractic treatments.

Dr. Kastanes' services include:

- Chiropractic Adjustment
- Rehabilitation Exercises
- Trigger Point Therapy

2002-2003 RC Ambassadors

The Admissions Office has hired two new work study students to fill the newly created "RC Ambassador" positions. Second Year students, Samantha Hair and Hansini Prasad, will serve as the RC Ambassadors for the 2002-2003 academic year.

The RC Ambassadors will coordinate the Applicant Host Program, designed to offer interviewing applicants a free one-night stay in the RC the night before the interview. They will also coordinate accommodations for guests of current RC residents wishing to stay in the RC.

If you are interested in serving as an Applicant Host but have not yet signed up, be sure to contact the RC Ambassadors to be a part of the program. Because the RC Ambassador positions are new this year, Samantha and Hansini would welcome any input from you--especially if you have participated in the program in the past as either a host, or as a guest when you interviewed! Please feel free to share suggestions and ideas for the Applicant Host Program with them!

Private Practice Club

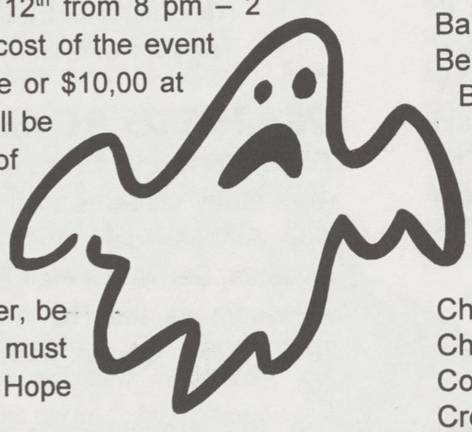
We will have our 1st speaker, Dr. Marty Matus, on Wednesday, October 2 from 6:30 pm to

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8pm. Food and drinks will be provided. Also our 1st fieldtrip to Dr. Steinmetz office will be on Tuesday, October 8. Buses will leave promptly from ICO at 6:00 pm. We will return back at approximately 9 pm. If you have any Questions, please contact Lee Kubicki (kubilf@hotmail.com) or Trey Brown (treyod2005@aol.com) . Thanks and hope to see you there!

Boo Bash Halloween Costume Party

The annual Boo Bash will be held at the Alumni Club, 2554 North Lincoln Avenue on Saturday, October 12th from 8 pm – 2 am (closing). The cost of the event is $5,00 in advance or $10,00 at the door. Tickets will be sold outside of Room 1200 from October 7th – 11th between 10 am – 1:30 pm. Remember, be creative. Everyone must arrive in costume! Hope to see you there!



Upcoming Alumni Event to Feature:

The Honorable Bill Bradley
Friday, October 18, 2002

5:00 p.m. Alumni Cocktail Reception in the Library

6:15 p.m. Alumni Awards Presentation in the Lecture Center

7:00 p.m. NBA Hall of Famer and former United States Senator Bill Bradley

The Student Association will have a limited number of tickets available for students to attend. Students interested in attending should express interest with your Class Representatives.

Maribeth L. Slaughter
Alumni and Development Office

Dean's List

The following full-time students achieved superior academic performance during the Summer, 2002 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

Abbate, Gregg A.	Y4
Arciaga, Toshiya	Y4
Arrants, Alison A.	Y4
Babayeva, Karina	Y3
Bachmeier, Erik S.	Y4
Balko-Rivera, Erin M.	Y3
Ball, Kelly M.	Y4
Bello, Ruby L.	Y4
Bonilla-Warford, Nathan J.	Y3
Bowen, Lisa M.	Y4
Brahm, Karen D.	Y4
Burkhardt, Jacqueline A.	Y3
Camarillo, Veronica M.	Y4
Chan, Ceida P.	Y3
Chang, Chi C.	Y4
Chiu, Vicky	Y4
Cottle, John L.	Y3
Crouch, Nathan A.	Y3
de Jesus, Melanie A.	Y4
Davids, Jill S.	Y3
Demers, Michael S.	Y3
Do, Vincent M.	Y4
Donausky, Kevin M.	Y4
Elam, Jennifer L.	Y4
Ffank, Jeffrey B.	Y4
Frederick, Laura	Y3
Gafour, Eiman Y.	Y4
Gangji, Hussein S.	Y4
Genuario, Kristy	Y4
Gill, Ramandeep	Y4
Grandinetti, Melissa M.	Y4
Gudas, Jennifer M.	Y3
Hagerman, Kara	Y4
Haley, Chauncey B.	Y4
Hand, Christin R.	Y4
Healy, Beth N.	Y4
Hernandez, Karyn R.	Y4
Herrmann, Tyson J.	Y4
Hirji, Rahim	Y4
Ho, Serena D.	Y3
Holdinghausen, Karmen M.	Y4
Hood, Alison L.	Y4

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Houck, Jon W.	Y4
Hy, Kien L.	Y4
Judisch, Jonathan P.	Y4
Kasmer, Kathleen M.	Y3
Kesler, Stacey L.	Y4
Kikunaga, Henry E.	Y3
Kim, Michelle H.	Y3
Kinlund, Laura C.	Y4
Kudlac, Kristie J.	Y3
Lagina, Amy L.	Y3
Lail, Sukhzadvinder S.	Y3
Larsen, Aaron R.	Y4
Licht, Courtney D.	Y4
Lum, Kris W.	Y4
Lynne, David N.	Y4
Malikowski, Anna	Y4
Maze, David A.	Y4
McCann, Andrea L.	Y3
Melikian, Arbi M.	Y4
Meyer, Robert E.	Y4
Miesner, Nicole R.	Y3
Moffatt, Vanessa G.	Y3
Nguyen, Dung N.	Y4
Norell, Eric R.	Y3
Okabe, Michelle M.	Y3
Okamura, Jaime R. K.	Y3
Ostrowska, Margaret H.	Y3
Palm, Andrew S.	Y4
Patel, Nehal P.	Y4
Perez, Angelica	Y3
Perez, Patricia	Y4
Pham, Tony D.	Y4
Pilon, Andrew F.	Y4
Portugal, Katherine A.	Y4
Rai, Ritu	Y4
Rhinehart, Kirstin P.	Y4
Russell, Christie J.	Y3
Santos, Karen T.	Y3
Schoppe, Brent J.	Y4
Sculley, Michael B.	Y4
Shmorgun, Julia E.	Y4
Slowey, Laura J.	Y4
Son, Jina J.	Y4
Streiff, Lavender S.	Y4
Swanson, Rhonda K.	Y4
Switak, Jennifer R.	Y3
Szypczak, Robert M.	Y3
Taubert, Kristel R.	Y3
Thakkar, Dipa H.	Y4
Theesfeld, Michelle L.	Y3
Thomasson, Krista	GR
Toomey, Shannon C.	Y4
Tran, Rosa M.	Y4
Troychanskaya, Alla	Y3
Veth, Mark E.	Y4
Vetter, Brooke L.	Y4
Waldorf, Julie M.	Y4
Warren, Danielle F.	Y3
Wiese, Maureen J.	Y4
Williams, Benjamin E.	Y4
Wilson, Ryan J.	Y4
Youlden, Eric J.	Y4

CONGRATULATIONS!!!



Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

The Library purchases cassette tapes that would be perfect for long commutes. We have just added recordings of the College of Optometrists in Vision Development's 30th and 31st annual meetings. Topics included "Diagnosing & treating visual perceptual issues in gifted children," "Evaluation & management of amblyopia & strabismus," "Eye & vision exams of infants or preschool children," "Visual adaptation after traumatic brain injury," and the "Impact & importance of the visual system on balance & vestibular disorders," among others.

New books are shelved next to the photocopiers near the Library restrooms. Some new books added this month to the Library include:

RE661.D3 A322 2002
Age-related macular degeneration, edited by Jennifer I. Lim.

This research review's chapters cover topics like "Aging of retina and retinal pigment epithelium," "Optical coherence tomography for ARMD," "Risk factors for age-related macular degeneration and choroidal neovascularization," "The psychosocial

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consequences of vision loss," "Clinical considerations for visual rehabilitation," and "Assessment of visual function and quality of life in patients with ARMD."

RE51.C481 2001
Coping with vision loss: maximizing what you can see and do, by Bill G. Chapman.
Geared towards patients, it covers high conditions that can cause vision loss and devices that can help, such as low-vision aids and their use, Elvis [LVES--Low Vision Enhancement System] and Jordy, and driving with telescopic glasses.

QP483.C66 2002
Neural mechanisms of color vision: double-opponent cells in the visual cortex, edited by Bevil R. Conway.

RJ496 .H3 H4 2002
Childhood headache, edited by Ishaq Abu-Arafeh.
Part of the Clinics in developmental medicine series, (no. 158), the articles review current knowledge on childhood headache such as epidemiology, inheritance, childhood migraine's clinical features, classifications and diagnostic criteria, and medical and dietary management of headache and migraine," among other topics.

Security Reminder

Students are NOT allowed to park in the IEI patient parking lot. **When street parking please do not leave property in plain view**. All this will do is encourage theft!

CLASSIFIEDS

Institutional Advancement *Department: Institutional Advancement*
The Institutional Advancement Department is looking for an energetic and enthusiastic student to assist with its office management and donor relations program. This position would primarily assist the Institutional Advancement Department research bad addresses from its donor database. The IA Associate will also help with filing, data processing, manage and update spreadsheets, assist with acknowledgements, process mailings, assist with tours, initiate follow-up phone calls thanking donors for their support and other office assignments that come up during the year. For further information contact: Anthony A. D'Andrea at extension 7070 or email at adandrea@eyecare.ico.edu, Vice President for Development

Work Study
Dr. Castells is still looking for work study students who can help out with technology skills. I also am accepting requests for TA for next terms Optometry I course (CLE 162.2), both lab and course grading TAs. Anyone interested please e-mail me at dcastell@eyecare.ico.edu with your desired time to work (Labs are Tues and Wed. 9-1 and Thur. 11-1). Be sure to include in your e-mail your ICO box number and a telephone number. Thank you.

Students wanted to assist with Class of 1977 Reunion event:
This will be a great opportunity to network with experienced practitioners (25 years out - perfect timing to hire an Associate!). Students are needed to assist with this Alumni event on Saturday, Oct. 19. Student Guided tours will be offered at 4pm and 5:30pm and throughout the reception from 7pm-11pm. The reception will be held in the IEI Patient Reception area. If interested in assisting with a few hours or the entire event, please stop-by Student Affairs. Work-Study pay is available to those helping out.

HELP WANTED
Students~
Got idle time in your schedule and an empty pocket? Let me make that lucrative for you. I need your time, 4-7 hours per week, for light office work. Interested parties should contact Celeste Graham at 312-949-7310 or see me in Brady Hall room 2028.

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Patients Needed for Toric Workshop
Attention Students with Astigmatism.
Receive a free years supply of Contact Lenses plus free lunch! Students needed to sit as patients for a Cooper Vision Soft Toric Workshop on Sunday, November 17. Participants must have a minimum of 0.75 diopters vertexed cylinder in one eye. For more information, please contact: Dr. Marsha Malooley at ex. 7283 mmalooley @eyecare.ico.edu or Dr. Renee Reeder at ex. 7297.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Currently ICO has seven residency programs with a total of fourteen residents.

Primary Care Optometry –At IEI

Binocular Vision and Pediatric Optometry –At IEI

Cornea and Contact Lens Management – hospital based setting

Ocular Disease and Low Vision Rehabilitation – Sponsored by VA Chicago Healthcare System, West Side Division, and Edward Hines, Jr. VA Hospital

Refractive Surgery Co-management and Anterior Segment Disease – offered at Davis Duehr/Dean in Madison Wisconsin

Primary Care Optometry – The Ochsner Clinic depart of ophthalmology in New Orleans, Louisiana sponsors this Primary Care Residency

Low Vision Rehabilitation and Ocular Disease – Sponsored jointly by ICO and the Chicago Lighthouse for the Blind and Visually Impaired.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
2002 Petry-Lomb Scholarship/Research Grant	• NY State Resident • Financial Need • Academic Standard • Return to NY	$2000 or more	October 15th, 2002
The Greek Women's University Club	Female college students, with at least one Greek parent who lives in Chicago area.	Depends on donations. Over $500	October 26th, 2002
Alcon 2003 Scholarship Award	• 4th year Optometry Studentss • Write a case report that incorporates the use of any Alcon product	$1,000 National scholarship additional $5,000	Feb 1, 2003 to Dr. Colip in the Student Affairs Office
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Exercise America!!
Program packets for Exercise America will be distributed on Monday, September 30. Everyone who registered will receive a packet in his or her mailbox.

Massage Therapy
Are you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, October 10 and Thursday, October 24.

FREE Personal Training
Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

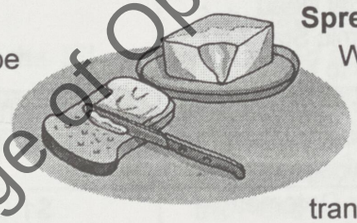
The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Yoga Classes
If you are interested in increasing flexibility or experiencing relaxation, try Dr. Rebecca Zoltoski's yoga classes on Wednesday from 11:00 am – 12:00 pm and Friday from 3:15 pm – 4:15 pm. Classes are open to all levels.

Eye on Wellness

Spreading the Truth



Which is healthier: butter or margarine? Butter is loaded with artery-clogging saturated fat and margarine can be high in trans fat, which acts like saturated fat once in the body. The best option is to use a soft tub margarine that does not contain trans fat. However, these tub margarines usually contain some water and they do not behave the same as the full-fat products during baking. When it's baking time, you should opt for canola oil instead. Additionally, whichever product you do decide to use, make sure to use it sparingly. One thing all fats have in common is that they are high in calories.

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Club Members/Representatives for 2002 - 2003

Position	Name	Box #
Student Association		
President	Andrea McCann	217
President Elect	Liz Chu	328
Secretary	Kelly VanHaaften	287
Treasurer	Amy Birr	131
AOSA Trustee	Ryan Haiar	172
AOSA Trustee-Elect	Lindsay Luker	382
1st Year Class Rep	Thomas Kline	555
1st Year Class Rep	Catherine Soriano	608
2nd Year Class Rep	Trudy Metcalfe	391
2nd Year Class Rep	Rosemary Gonzalez	348
3rd Year Class Rep	Kamran Ahrar	121
3rd Year Class Rep	Mai Nguyen	230
4th Year Class Rep	Mo Eid	77
4th Year Class Rep	Jeff Frank	83
Dir of Community Health & Comm Services	Katie Garvey	162
Dir of Intramural Sports	Jeff Neighbors	399
Dir of Student Note Services	Carol Lee	207
Dir-elect of Student Note Services	Rezah Mohamed	396
RC Head Resident Assistant	Mike Lopykinski	211
SVOSH Board Representative	Melanie Trackwell	436
2004 Yearbook Representative	Sasha Narayan	228
Resident Assistants		
Head Floor RA - 4th Fl	Mike Lopykinski	211
Floor RA's - 3rd Fl	Lyndsay Hunter	356
2nd Fl	Jaime Okamura	234
1st Fl	Adam Klemens	370
Armed Forces Optical Services (AFOS)		
Local Liaison	Ferine Ali	302

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Club Members/Representatives for 2002 - 2003

Position	Name	Box #
American Academy of Optometry (students)		
President	Dan Rayman	715
Vice-President	John Cottle	145
Treasurer	Kathy Kasmer	188
Secretary	Kelly VanHaaften	287
3rd Year Class Laison	Michele Okabe	233
2nd Year Class Laison	Gary Tremayne	437
AOA/PAC w/IOA Liaison	Andrea McCann	217
American Optometric Student Association (AOSA)		
Trustee	Ryan Haiar	172
Trustee-Elect	Lindsay Luker	382
American Public Health Association (APHA)		
National Liaison	Sima Lal	202
Local Liaison	Grishma Thakkar	271
Beta Sigma Kappa Honorary Society		
President	Christie Russell	250
Vice President	Jacqueline Burkhardt	134
Secretary	Jaime Okamura	234
Treasurer	Andrew Horvath	180
California Club		
Contact Person	Michelle Kim	193
Canadian Club		
Co-Chair	Lyndsay Hunter	356
Co-Chair	Rezah Mohamed	396
Secretary	Luiza Gheorghe	520

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Club Members/Representatives for 2002 - 2003

Position	Name	Box #
Contact Lens Society		
President	Michelle Okabe	233
Secretary	Jing Han	173
4th Year Liason	Kara Hagerman	68
Treasurer	Henry Kikunaga	161
Co-event Coordinator	Heewon Yang	292
Co-event Coordinator	Jaime Okamura	234
Vice Chairperson	Valerie Sheety	256
Council on Ethics and Advancement of Professionalism		
President	Kristel Taubert	270
Vice President	Michell Okabe	233
Secretary	Stephanie Coates	143
Treasurer	Nicole Miesner	221
Faculty Liaison	Jackie Burkhardt	134
College of Vision Development Optometric Extension Program (COVD)		
COVD Liaison	Erica Viator	288
2nd Year Representative	Liz Chu	328
Fellowship for Christian Optometrists (FCO)		
President	Jennifer Getty	347
Vice-President	Joel Getty	164
Treasurer	Jeannie Wang	443
Dr. Kelly Frantz, Advisor		
Gold Key Honorary Society		
President	David Holliman	57
Vice President	Melissa Russel	721
Secretary	Bob Steinmetz	706
Treasurer	Katerine Portugal	733
Student Relations	Pavan Avanashi	120
Faculty Liaison	F. Todd Perzy	729

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Club Members/Representatives for 2002 - 2003

Position	Name	Box #
Mentoring at Pilgrim Baptist Church		
Co-Chair	Sasha Narayan	228
Co-Chair	Lyndsay Hunter	356
Multi-Cultural Association		
Prime Minister	Kambiz Khorram	190
Vice Prime Minister	Sam Kang	187
Secretary	Faheemah Saeed	417
Minister of Finance	Hansini Prasad	412
Minister of Faculty Liaison	Michael Tran	278
Minister of Activities	Andy Horvath	180
Minister of Public Relations	Mary Fazelian	340
Senior Consultant	F. Todd Perzy	729
Minister of Electoral Affairs	Uma Ratnasingam	413
Faculty Advisor	Dr. Rebecca Zoltoski	
Muslim Students Association		
Contact Person	Muna Hindi	54
National Optometric Student Association (NOSA)		
President	Jinaki Smith	428
Vice-President	Tracey Marshall	386
Private Practice Club		
Co-Chairman	Leon Kubicki	372
Co-Chairman	Tray Brown	320
3rd Year Class Representative	Michael Tran	278
3rd Year Class Representative	Richard Hunter	183
2nd Year Class Representative	Jason Garey	346
	Chad Hartman	531
1st Year Class Representative	Tom Kline	555

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Club Members/Representatives for 2002 - 2003

Position	Name	Box #
Refractive Alternative Club		
President	Calvin D. Dalton II	148
Secretary	Mike Lopykinski	211
Sr. Consultant	F. Todd Perzy	729
Sports Vision		
National Liaison	Patrick Holser	179
Student Volunteers in Optometric Service to Humanity-ICO Executives (SVOSH)		
President	Sara Fredrickson	158
Co-President	Stephanie Coates	143
President-Elect	Melanie Trackwell	436
Secretary	Lindsay Luker	382
Treasurer	Jenna Rogers	247
Fundraising Chair	Heather Young	450
Local Mission Chair	Ceida Chan	138
3rd year Rep	Sima Lal	202
2nd year Rep	Thomas Melfi	390
2nd year Rep	Jeannie Wang	443
1st year Rep		
1st year Rep		
Past-President	Inez Reyna	718
Past-Vice-President	Dave Maze	22
Advisor	Dr. Jan Jurkus	
Tomb and Key Honorary Society		
Contact Person	Christie Russell	250
Wisconsin Club Officers		
President	David Hammes	181
Vice President	Ryan De Mares	151
Secretary/Treasurer	Sara Legue	208
Yearbook (Class of 2003)	Jenny Elam	79
	Lisa Ng	6
Yearbook (Class of 2004)	Sasha Narayan	228

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ILLINOIS COLLEGE OF OPTOMETRY FALL, 2002

SCHEDULE OF FALL QUARTER FINAL EXAMS

September 13, 2002

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OCTOBER 26	October 28	October 29	October 30	October 31	November 1	November 2
9:00 – 11:00	BHS 150.1 Biochemistry	BHS 254.1 Pharmacology	CLE 162.1 Optometric Procedures		BHS 244 Binocular Vision	BHS 120.1 Geo and Theo Optics	BHS 140.1 Sensory Aspects of Vision
11:30 – 1:30	CLE 270.1 Ophthalmic Optics	BHS 114 Human Anatomy	CLE 262.1 Optometry 2.1		BHS 116 Human Physiology	BHS 212 Ocular Physiology	
1:45 – 3:45	BHS 360.1 Clinical Medicine	BHS 363.2 Ocular Disease III	CLE 375 Binocular Vision Disorders		CLE 365.2 Contact Lenses II		

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE MONDAY, NOVEMBER 4 AND TUESDAY, NOVEMBER 5.

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FOCAL POINT

ICO Student Newsletter
Editor: Kathy Brownfield x7401

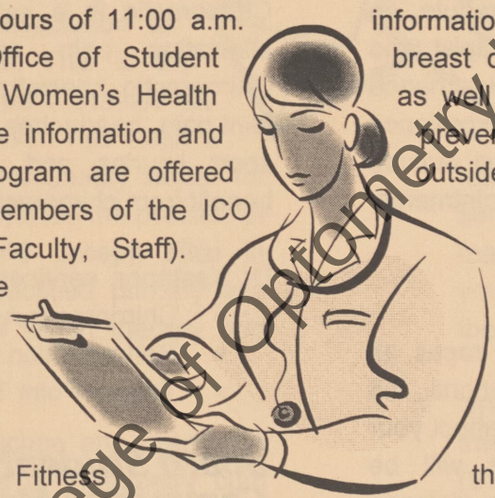
October 11, 2002

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out October 25th 2002 and the deadline for submissions is October 23th.

CAMPUS NEWS

Women's Health and Fitness Program

Next Wednesday & Thursday - October 16th and 17th between the hours of 11:00 a.m. and 2:00 p.m., the Office of Student Wellness is presenting Women's Health and Fitness events. The information and services during this program are offered free of charge to all members of the ICO Community (Student, Faculty, Staff). Here is what will be available:



Wednesday

"Guided Walk"

Shelby Lalich, Fitness Coordinator, will lead a group walk departing from the fitness center at noon. If you've thought about getting away from ICO, but don't know where to go, this guided walk is for you. It'll be a great opportunity to get all your fitness questions answered along the way! If the weather is not favorable, Shelby will be providing alternative programming (Fitness Equipment Overview).

Breast Cancer Awareness and "Caring for Your Skin"

Jeanne Dougherty, Institutional Health Officer/Nurse Practitioner, will provide information and answer questions about breast cancer awareness and prevention as well as issues related to skin cancer prevention. You will find Jeanne just outside the library.

Depression Screening

Beth Karmis, Director of Student Counseling & Enrichment, will be offering brief, confidential depression screenings from 11:00 am until 12:30 pm in her office on the 3rd floor of the main building (directly above the Office of Student Affairs and the Registrar's Office). Appointments accepted or drop in during the hours mentioned. Outside 1200 from 12:30 until 2:00, Beth will have printed information about depression and ways to combat it.

An Introduction to Chiropractic Care

Bill Kastanes, a Chicago area chiropractor, will be available outside 1200 from 11:00 am until 2:00 pm to talk to you about chiropractic care.

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Thursday

Exercise 101 (starting at 11:00 am in the gym)

Not sure about which fitness class is for you? As a way to introduce people to many of the fitness classes offered here at ICO, Shelby has put together Exercise 101. It will be a brief sampling of each class. A specific schedule will be posted, so you can come for as many or as few as you'd like. Look for the schedule to be posted early next week.

"Bone Up on Osteoporosis" and the Good Nutrition Guidelines

It's never too early in life to think about these issues. Jeanne Dougherty will have important information to share about bone density and osteoporosis prevention. In addition, she will provide information and answer questions about nutrition guidelines. Look for Jeanne outside the library from 11:00 am until 2:00 pm.

Massage Therapy

Have you been reluctant to schedule an appointment with the massage therapist who comes on campus? Thursday is your chance to meet Carol Suriano, and briefly experience the benefit of massage. She will be outside 1200 starting at 11:00 am. No appointments, simply stop by.

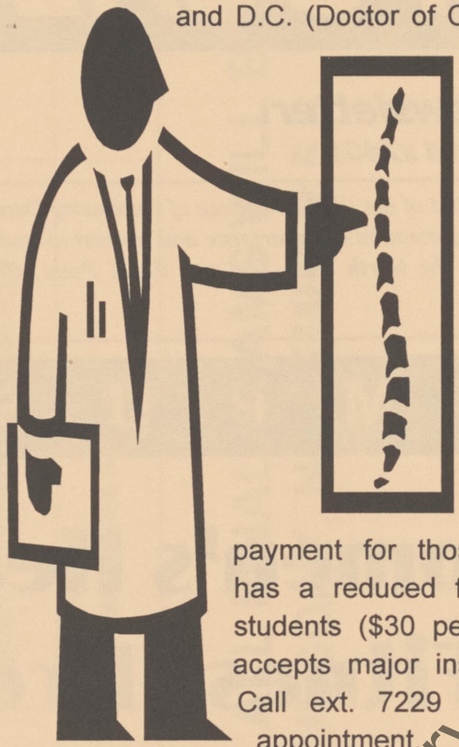
Domestic Violence Awareness

It happens to people of all ages and races, as well as all economic and social situations. If it doesn't affect you, someday it may affect your patients or friends. Beth Karmis will be sharing information about domestic violence awareness and prevention. She will be located outside 1200.

Attention ICO Students

Chiropractic Care is now available to ICO Students through the Office of Student Wellness.

Starting Friday, October 11th, Bill Kastanes, D.C. will be offering chiropractic care to ICO students through the Student Wellness Center. He will be on-campus every other Friday, from 11:00 a.m. until 2:00 p.m. Dr. Kastanes earned his B.S. in Human Biology and D.C. (Doctor of Chiropractic) from the National University of Health Sciences. Dr. Kastanes is an independent practitioner (not an employee of the College) and students seeking his services are responsible for payment for those services. He has a reduced fee schedule for students ($30 per visit). He also accepts major insurance carriers. Call ext. 7229 to schedule an appointment.



Chiropractic is a safe, effective method of alleviating pain and improving health. Chiropractic specializes in neck, back, and joint pain, headaches, carpal tunnel, auto and sport injuries and arthritis. Many people benefit from chiropractic treatments.

Dr. Kastanes' services include:

- Chiropractic Adjustment
- Rehabilitation Exercises
- Trigger Point Therapy

Board Student Affairs Committee Meeting

On Thursday, October 17th from 7:45 – 9:00 a.m. in the Low Vision Conference Room, the Board Student Affairs Committee will be holding a meeting. All students are welcome to attend this meeting and offer their input. Please let Sharon Uher, in the Student Affairs Office, know if you plan to attend.

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Upcoming Alumni Event to Feature:

The Honorable Bill Bradley
Friday, October 18, 2002

5:00 p.m. Alumni Cocktail Reception in the Library

6:15 p.m. Alumni Awards Presentation in the Lecture Center

7:00 p.m. NBA Hall of Famer and former United States Senator Bill Bradley

Students interested in attending should express interest with your Class Representatives.
Maribeth L. Slaughter
Alumni and Development Office

ICO Optometrist Named Tops in his Profession

Steven Levin, OD, who practices in Whiting, IN was named by the American Optometric Association as Optometrist of the Year. This is the highest honor that can be bestowed on an AOA member. Dr. Levin has been a model practitioner and community leader for more than 29 years who joined the practice of Drs. Myron Gordon and Joseph Ritzi in Whiting in 1973. He practiced primary eye care with a specialty in vision therapy and pediatric vision.

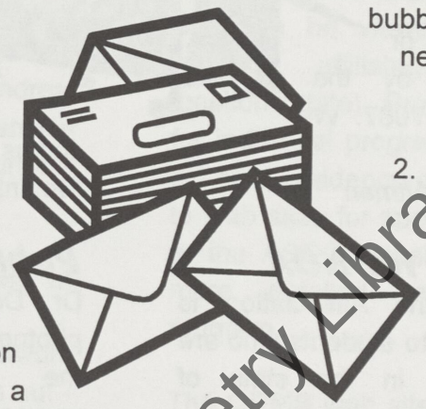
Levin was raised in Chicago and graduated from the Illinois College of Optometry cum laude. He returned in 1976 as a part-time clinical assistant professor for four years, teaching in vision therapy and pediatric vision.

Dr. Levin plans to continue his work with the needy and stay active as a volunteer and leader in his community.

From the Mailroom:

By this time the new first year students should have found us, not that we were hiding. The mailroom is here for your convenience. Your mail is delivered to your box each day and your packages are kept secure until you pick them up. We will help you to ship your packages and put proper postage on your letters. We use the United States Post Office, United Parcel Service and Federal Express for shipping purposes.

Here are a few guidelines to follow when shipping a package.



1. Make sure that your package is securely wrapped. We can provide you with the materials, paper, tape, bubble wrap, etc., you will need to wrap your package securely.

2. We are NOT a U.S. Postal facility. There is a U.S. Postal facility on the IIT campus across the street. It is not possible for the mailroom to insure a package that is sent via mail. Any package sent U.S. mail will not be insured or trackable. If you need these services please use the post office at IIT.

3. United Parcel Service (UPS) is trackable and automatically insured ($100). You can add insurance to any package that is worth over $100., at a cost of $ .35 per hundred. We can provide next day, second day, three day select and regular ground service. Payment is expected at the time of shipping.

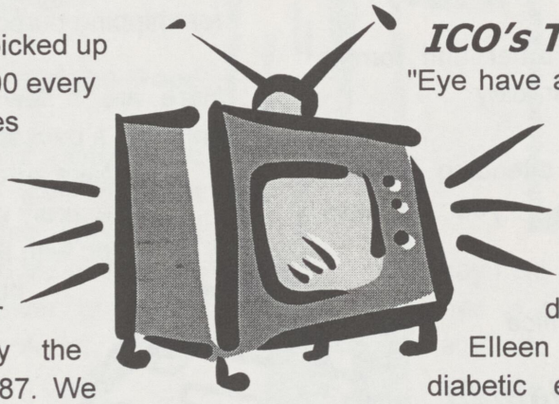
4. Federal Express services are also available from the mailroom, next day and second day. Federal Express costs are charged directly to your student account.

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5. **United Parcel** picks up between 2:00 & 2:30 every weekday. Packages must be in the mailroom no later than 1:45 for shipment that day.

   U.S. Mail is picked up at 3:30, every weekday. Please have all mail and packages to the mailroom no later than 3:15.

   Federal Express is picked up between 3:30 and 4:00 every weekday. All packages should be brought to the mailroom no later than 3:15.



If you have any questions or concerns please stop by the mailroom or call X7085 or 7087. We are here to help.

Daisy Varkalis and Diane Altman

Free Membership for NOA

The Nebraska Optometric Association is offering free membership to students who are interested in practicing in the state of Nebraska. The benefits are:

- 100% subsidized membership dues while completing school
- Membership in a pro-active organization that is continually evolving to lead the profession of optometry
- 100% Discount on registration frees for NOA Spring Conference and Fall Convention
- Full-time lobbyists in Lincoln and Washington D.C. monitoring laws and regulations that impact the right to practice and the scope of the practice
- Public Education programs to enhance the public image as primary care provided.
- Access to employment opportunities in the State of Nebraska
- NOA maintains and promotes active, positive relations with a variety of special interest groups important to a practice: the Board of Health, Board of Examiners in Optometry; Department of Motor Vehicles and others, along with the allied health profession organizations

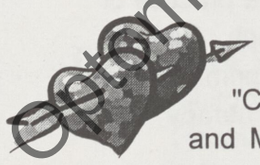
To join the NOA please complete the information at the NOA website: www.noanline.org or fill out a form in the Student Affairs office.

ICO's TV Show

"Eye have a Question!" is on channel 21 every Thursday from 4:30-4:55PM. The call in number is 312-738-1060. This week Dr. Renee Reeder will be discussing dry eyes. Next week is Dr. Elleen Gable talking about diabetic eye conditions. Dr. Jan Jurkus is the host. Tune in or call in to this live, interactive call in show. It is fun!

Published Photograph

Dr. Dominick Maino has had one of his photographs published on the front cover of the Catholic New World. Go to www.stbartholomew.homestead.com to learn more.



Congratulations

"Congratulations to Matt DeGroot and Melissa Grandinetti, Fourth Year students, who were engaged on September 28th at the IOA Convention in Springfield! The ICO family wishes them the best!

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CLASSIFIEDS

Institutional Advancement *Department: Institutional Advancement*

The Institutional Advancement Department is looking for an energetic and enthusiastic student to assist with its office management and donor relations program. This position would primarily assist the Institutional Advancement Department research bad addresses from its donor database. The IA Associate will also help with filing, data processing, manage and update spreadsheets, assist with acknowledgements, process mailings, assist with tours, initiate follow-up phone calls thanking donors for their support and other office assignments that come up during the year. For further information contact: Anthony A. D'Andrea, Vice President for Development at extension 7070 or email at adandrea@ eyecare.ico.edu,.

Students wanted to assist with Class of 1977 Reunion event:

This will be a great opportunity to network with experienced practitioners (25 years out - perfect timing to hire an Associate!). Students are needed to assist with this Alumni event on Saturday, Oct. 19. Student guided tours will be offered at 4pm and 5:30pm and throughout the reception from 7pm-11pm. The reception will be held in the IEI Patient Reception area. If interested in assisting with a few hours or the entire event, please stop by Student Affairs. Work-Study pay is available to those helping out.

Patients Needed for Toric Workshop

Attention Students with Astigmatism.

Receive a free years supply of Contact Lenses plus free lunch! Students needed to sit as patients for a Cooper Vision Soft Toric Workshop on Sunday, November 17. Participants must have a minimum of 0.75 diopters vertexed cylinder in one eye. For more information, please contact: Dr. Marsha Malooley at ex. 7283 mmalooley @eyecare.ico.edu or Dr. Renee Reeder at ex. 7297.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Residency Matching Service

A great source of information about residency programs is the Optometry Residency Matching Service (ORMS) web site. (www.optometryresident.org or www.orms.org) The ORMS web site provides you with a comprehensive listing of residency programs and can be viewed according to type of program, affiliated optometry school or location (state). Program contact information for individual program coordinators and each school's residency director is available. Links to web sites for specific programs as well as to the ASCO website can provide you with more detailed information about each program.

The ORMS web site is also the place where you make application to any residency program. Details about the application process are listed. The application fee is $30 and can be paid on line this year. Residency application deadlines are usually February 1. The match date is March 1. Any questions about ORMS or residency programs in general can be directed to Dr. Stephanie Messner, ext. 7015.

Aran Eye Associates

Ocular Disease Residency
Miami, Florida

Thirteen month program, intensive training in management of patients with ocular disease, trauma, as well as pre-and post-surgical patient care.

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SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
2002 Petry-Lomb Scholarship/Research Grant	• NY State Resident • Financial Need • Academic Standard • Return to NY	$2000 or more	October 15th, 2002
The Greek Women's University Club	Female college students, with at least one Greek parent who lives in Chicago area.	Depends on donations. Over $500	October 26th, 2002
Upper Peninsula Optometric Society Memorial Scholarship Trust	• Native of the UP, MI	$500.00	December 1, 2002
Alcon 2003 Scholarship Award	• 4th year Optometry Studentss • Write a case report that incorporates the use of any Alcon product	$1,000 National scholarship additional $5,000	Feb 1, 2003 to Dr. Colip in the Student Affairs Office
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

ICO Running Club

If you are an avid runner who wants to improve your performance, or just working toward completing a 5k race, the ICO running club is for you. We are in the preliminary stages of developing a running club that will train participants to compete in a 5k race. All levels are welcome. The club will run two runs a week during an 8-week program, and additional training and running schedules will be provided. At the end of the 8-week program we will all participate in two 5k races. If you are interested in participating or learning more, please e-mail Shelby Lalich at slalich@eyecare.ico.edu, or leave a message at x7460 by October 18.

Yogalaties

ICO is preparing to offer a new class, which incorporates elements of yoga and pilates to create an outstanding workout. The class will be offered on Tuesdays, but we need your help to select the best time. Please visit the fitness center desk to indicate your time preference for this great class.

Massage Therapy

Are you feeling stressed? Are you sore? Try a seated massage!

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Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, October 31 and Thursday, November 7.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

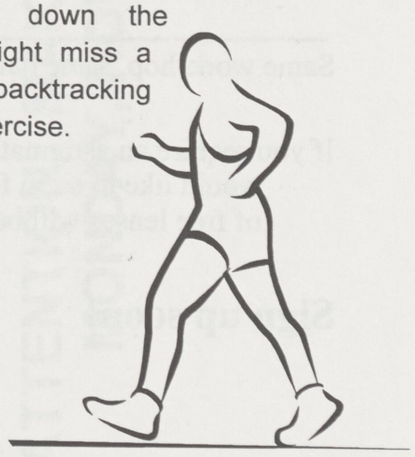
FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

As the academic year progresses, it becomes increasingly difficult to find free time. For some people that means finding time to exercise. However, exercise doesn't have to occur in one time slot, nor does it have to fit the traditional model. Here are some creative ways to include exercise in your hectic schedule:

- Use the stairs instead of an elevator or escalator. When at home, climb to the second floor as often as possible.
- Walk when you can. Spend less time searching for the closest parking space; take the farther one and walk.
- Put away the television remote and get up off your chair to change the channel.
- Avoid drive-through windows. Get out of the car and go in.
- When unloading groceries from your car, carry one bag into the house at a time.
- View household chores as an opportunity to exercise.
- Turn off the television and play with the children outside.
- Try dancing. There are styles to fit any preference.
- When you are shopping for groceries, move quickly down the aisles. You might miss a few items, but backtracking is just more exercise.



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Hands-On Soft Toric Workshop Offered!

CooperVision

Attention **Third and Forth Year Students**! Here is an opportunity to:

- ✓ refresh your skills in FITTING SOFT TORIC CONTACT LENSES, and
- ✓ learn about current lenses offered by Cooper vision for astigmatic corrections.

DATE: Sunday November 17, 2002
PLACE: IEI
TIMES: 10:00am -12:00p OR 1:00pm – 3:30pm

BONUS: Free Lunch will be served!!

Please contact me if you have any questions and/or would like to sign up for the workshop!
Looking forward to hearing from you.

Dr. Marsha Malooley
Phone: 312 949-7283
Email: mmalooley@eyecare.ico.edu

Alternative: Dr. Renee Reeder
Phone 312 949-7297
rreeder@eyecare.ico.edu

Same workshop, same date, same contact people …patients needed!!!!

If you require an astigmatic correction greater than 0.75 or know somebody who does, and would like to sit in for a contact lens fitting **PLEASE SIGN UP FAST**!! 1 year supply of free lenses will be provided at the completion of the fitting process.

Sign up soon!

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ILLINOIS COLLEGE OF OPTOMETRY FALL, 2002

SCHEDULE OF FALL QUARTER FINAL EXAMS
revised

October 14, 2002

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OCTOBER 26	October 28	October 29	October 30	October 31	November 1	November 2
9:00 – 11:00	BHS 150.1 Biochemistry	BHS 254.1 Pharmacology	CLE 162.1 Optometric Procedures		BHS 244 Binocular Vision	BHS 120.1 Geo and Theo Optics	BHS 140.1 Sensory Aspects of Vision
11:30 – 1:30	CLE 270.1 Ophthalmic Optics	BHS 114 Human Anatomy	CLE 262.1 Optometry 2.1		BHS 116 Human Physiology	BHS 212 Ocular Physiology	
1:45 – 3:45		BHS 363.2 Ocular Disease III	CLE 375 Binocular Vision Disorders		CLE 365.2 Contact Lenses II		
2:30 – 4:30	BHS 360.1 Clinical Medicine						

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE MONDAY, NOVEMBER 4 AND TUESDAY, NOVEMBER 5.

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FOCAL POINT

ICO Student Newsletter **October 25, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out November 8th 2002 and the deadline for submissions is November 6th.

CAMPUS NEWS

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

The Library has cassette tapes on optometry for the long drive home during the autumn break. If you want to get in the mood for Halloween, the *Audio Digest: Ophthalmology* tape (CTE/RE46 .O6 V.40 No.8 2002) for April 21, 2002 has horrifying articles covering "Management of corneal lacerations," "Management of ocular trauma," "Intraoperative complications of LASIK surgery," and "Management of intraocular foreign bodies."

We also have donated paperback books in the recreational reading section on the second floor to rest your mind after a long semester. So curl up with a good horror novel, mystery, romance, science fiction or thriller during the break!

Books on reserve in the library are the most recent editions, but earlier editions usually are shelved in the stacks, which can be checked out for four weeks. For topics such as anatomy, earlier textbooks may not be so dated, so check if there is an older version available in the library if the reserves copies are all out.

New books keep arriving in the Library. Jack Kanski's *Clinical ophthalmology: a test yourself atlas*, (RE49.K28 2002) may be useful for those reviewing for boards. It provides color slit lamp images, fluorescein angiographs, ultrasonograms, and photographs of other eye conditions and ocular manifestations of systemic diseases, and then allows one to test oneself on the diagnosis.

For those already thinking beyond graduation, peruse Bob Levoy's *201 Secrets of a high-performance optometric practice* (RE 959.3.L48 2002).

Good luck on exams and have a happy break!

Library Quarter Break Hours:
Jerry Dujsik
The library will be closed Sunday, November 3 and 10, 2002. The library will close at 5 pm Monday through Saturday November 4-9, 2002.

Online Information
The library's online catalog (iLink) is available via any Internet browser like Netscape or Internet Explorer.
Library web page: internal address:
http://20.1.0.46/library.htm
iLink.

- Access to the book and audiovisual

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collection.

- Access to the VisionCite library of 173,000 articles related to the vision science literature. This index is unique to ICO. Remember to check it for articles related to subjects, patients or literature reviews in addition to PubMed.

E-Journals.

- Over 30 full text electronic journals are available to you by clicking on the title. Some of them require account names and passwords that the full time library staff can give to you. More titles will be added later this year.

Websites page.

- **PubMed:** Used for searching the medical literature.
- **EBSCOHost:** To search for full text articles in over 1800 academic journals.
- **First Search:** To find books, education articles and other topics, some full text.

External web address: http://library.ico.edu No access to VisionCite (without ID and Pin) nor the E-Journals page.

Please help: The library provides four computers with access to iLink and the library web page. Three are on the first floor and one by the media circ desk on the second floor. When you are finished searching or browsing, please press the home icon to leave the computer ready for the next student. When surfing the web or doing email and you feel that you need to reboot the computer to safeguard your personal information, please stay near the computer and log it in for the next person. Thank you.

American Academy of Optometry Meeting Registration

The November 1 early registration deadline is fast approaching. Because it takes time to process new applications and send the information to the student, I suggest the following.

Students attending the meeting, but who have not yet joined the Academy, should NOT submit their member application after Friday, October 17. They should register for the meeting at the nonmember registration rate. It is $25 more than the member registration rate. The student may stop by the Membership Booth at the meeting and fill out an application. The extra $25 paid for registration will be applied to their 2003 dues. They won't have to pay anything. Because they need the signature of a faculty member on their application form, it would be very helpful if they came to the booth with the form already filled out.

Jonathan Mertz – Director of Membership and Communications for the American Academy of Optometry

New Workshop Opportunity: Dry Eye and Punctal Occlusion

Do you have dry eye? Interested in trying punctal plugs? Waiting for the price to come down? Well it doesn't get any better than FREE! Do you want experience diagnosing dry eye and inserting silicone plugs?

When: December 5th
Where: Adams Center and Cornea Center
Schedule: 6:30-7:30 presentation By Dr. Medina with demonstration of techniques
7:30-8:30 wet lab diagnostic techniques for dry eye, punctal gauges and plug insertion

Looking for patients for wet lab and interns to care for them

Contact Dr. Reeder at rreeder@ico.edu or Dr. Malooley at mmalooley@ico.edu

Space is very limited.

Contact Lens Research Grant

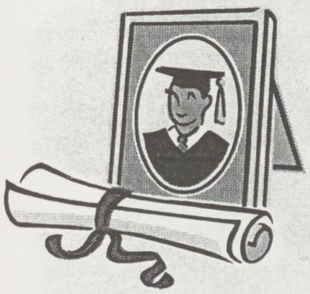
The Contact Lens Research Program is an academic support program that Ocular Sciences is introducing for the 2002/2003 school year. Students from all of the optometry schools will be given the opportunity to submit a research proposal. These proposals will be evaluated by an

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independent review committee. The research proposals that are selected as being the best in terms of concept, design, applicability, practicality and probability of completion, will be awarded up to a $4,000 grant for that project.

Students who are interested in applying for this grant should submit their research proposals to Ocular Sciences, c/o Dr. Rick Franz. All proposals should be submitted and received by Ocular Sciences on or before **December 6, 2002**. The independent review committee will select the best proposals that will receive financial support. A total of up to 5 research projects will be funded.

The authors of the selected proposals will be contacted by Friday, December 20, 2002. Please see Dr. Gary Lesher for all the details



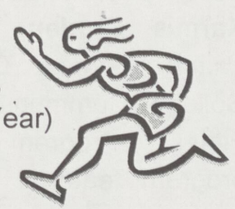
Attention Third Year Students – Graduation Pictures

Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, December 17 & 18, 2002 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets will be posted on the third year bulletin board during the first week of the winter quarter.

No Flu for You Bear

Get your flu shot and get a free raffle ticket to win the ICO bear. See Jeanne Dougherty, Institutional Health Officer in room 3534 for more details.

Congratulations Marathon Runners



Congratulations to Dr. John Baker, Shelby Lalich, Jenessa McGuire (1st Year) and Amy Stack (3rd Year) for their running in the Chicago Marathon! Dr. Baker qualified for the Boston Marathon with an excellent time.
Dr. Colip

Congratulations

Please join me in congratulating **Dr. Valerie Kattouf** on her recent award as Young OD of the Year from the IOA. Val may be the first faculty member to receive this award at ICO. Congratulations Dr. Kattouf.

Congratulations

Congratulations to Drs. Brandonisio and Newman on their article in this month's October JAOA regarding post-traumatic cyclodialysis cleft. View many faculty articles in bookstore window.
Dean Scharre



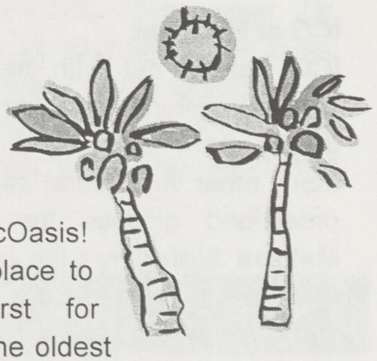
Two New ICO Babies

Just a little note to let you know that on Monday Oct. 21, 2002, **Amy Bachmeier** delivered a little baby boy. His name is Kolby Sebastian. Father Erik Bachmeier (4th year) is the one on campus with all the smiles.

Congratulations to **Brooke Vetter** (fourth year) and her husband Tim who just had a baby last week - their first, Maxwell Dean.

icOasis

Dominick M. Maino, O.D., M.Ed., F.A.A.O



Welcome to the icOasis! This is a special place to quench your thirst for information about the oldest and largest optometric institution in the country. Go to www.ico.edu and www.iei.ico.edu for more information.

ICO Players On the Web

Are you interested in the activities of the ICO Theatrical Group, the Gregg Steele ICO Players? Want to see the latest pictures of our

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potentially Tony Award Winning performances? **Go to http://www.icoplayers.homestead.com today!**

IEI at ISVP

The IEI, under the direction of **Dr. Derrald Taylor**, completed its 26th year of semiannual pediatric low vision clinics sponsored by the Lions of Il. Foundation at the Il. School for Visually Impaired in Jacksonville, Il. ICO faculty, **Drs. Michael Zost** and **Geoffrey Goodfellow** and three ICO residents, **Drs. Linda Bityou**, **Christie Bartimus** and **Robert Behan** also participated.

New Website for the IEI

The Illinois Eye Institute has a new and improved website. Go to **www.iei.ico.edu** to see all the changes.

Faculty at National Meetings

Dr. Sandra Block presented posters at the First CDC Conference on Birth Defects, Developmental Disabilities and Disability and Health and at the Healthy Eyes Healthy People meeting in Colorado. **Drs Eileen Gable** and **Sanford Gross** also attended this meeting. **Dr. Geoffrey Goodfellow** participated in the computers and technology in education Syllabus meeting in California as well.

ICO at MedFest

ICO helped out with the Special Olympic Medfest Vision Screening this past fall. Our faculty and students (in cooperation with many other volunteers) saw 228 athletes and prescribed glasses for 78 of them. **Dr. Melissa Sigler** was the primary organizer of this event with plenty of help from **Dr. Christine Allison**.

Faculty Scholarships Awards Given

The winners are **3rd yr Kelly Van Haaften** and **4th yr Andrew Pilon.**

ICO Faculty has contributed a total of $18,081.92 during the past year. The Faculty Scholarship Fund now has almost $56,800.00.

Lectures and Presentations

Dr. William Brown lectured to 60 optometrists in Columbia, SC. The topic was "Update on Ophthalmic Lenses 2002: The Rx you write is only as good as the lens that carries it." **Dr. Val Kattouf** lectured at the Maine Optometric Association annual meeting. **Dr. Geoffrey Goodfellow** gave a 2-hour course entitled The Eye and the Visual System: What's Normal and What's Not? At the recent IOA meeting, **Dr. Derrald Taylor** spoke to the Bolingbrook Lions meeting regarding the nature of pediatric low vision services and the support of the Lions Foundation. A video was shown of the clinic held at ISVI to assist in emphasizing the value of vision enhancement services for the children and information sharing with the parents. Dr. Taylor also spoke to the District 1-B Lions Candy Day Jamboree held at the Cardinal Golf club in Beecher, Il. Over one hundred Lions attended the kick off dinner for the annual Lions Candy Day benefit held on Oct. 11 and 12.

ICO Alumni Council Meets

The ICO Alumni Council had an opportunity to meet with **Dr. Arol Augsburger**, the new President of ICO, the ICO Board of Trustees, faculty, students and administrators this past fall during its annual meeting. The Alumni Council includes: **Drs. Don Crouch** (President), **Donald Bush**, **Mamie Chan**, **Robert Fait**, **Robert Grazian** (Secretary/Treasurer), **Pete Kehoe** (Vice President), **Charles Harrill**, and **Dominick Maino**. **Dr. Vince Brandys** is the Director of Alumni Affairs.

New Women's Health and Fitness Program at ICO

The ICO Student Wellness Services **(Jeanne Dougherty, Nurse Practitioner, Beth Karmis, Student Counselor, and Shelby Lalich, Fitness Coordinator)** offered the College Community a Women's Health & Fitness Program during October. The program featured information about breast

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cancer, skin care, depression, domestic violence, osteoporosis, and nutrition. A guided walk from the College to a trail along Lake Michigan and a sampling of several fitness courses highlighted the fitness offerings here at ICO. A local chiropractor, Dr. Bill Kastanes and a certified massage therapist, Carol Suriano, provided a sampling of their respective practices. Future program offerings will include Holiday/Winter Survival and Men's Health and Fitness issues.

NEW FCEC Members Elected for the 2002-2003

The new members of the Faculty Council Executive Committee are: **Tina Brandonisio** – Chair, **Dan Roberts** - Vice Chair, **Michael Volin, Ruth Trachimowicz**, and **Jan Jurkus.**

New Administrative Positions Announced

Dean Scharre and Dr. Leonard Messner are announcing the following faculty Administrative Appointments effective August 15th, 2002: **Dr. Anne Spies**: Chief, Primary Eye Care, **Dr. Tricia Newman**: Chief, Center for Advanced Ophthalmic Care, **Dr. Sandford Gross**: Interim Chief, Sydney Hillman Health Center, **Dr. Tina Brandonisio**: Educational Coordinator, Primary Care Service. Congratulations to all.

Faculty Publications

Goodfellow GW, Allison CL, Schlange DG. Unusual eye movements in a patient with complex partial seizure disorder. Optometry 2002;73:160-5.

Elzie C. Chan, B.A., Daniel K. Roberts, O.D., Donald D. Loconte, O.D., Miles N. Wernick, Ph.D. Digital camera system to perform infrared photography of iris transillumination. J Glaucoma 2002;11(5):426-8.

Flynn Roberts MF, Fishman GA, Yamamoto H, Grimsby JL, DryjaTP. Novel CRALBP mutations associated with retinitis punctata albescens: further evidence of genetic heterogeneity. Poster presented at the Association for Research in Vision and Ophthalmology Meeting, Ft. Lauderdale, FL, May 2002. Published abstract in Invest Opt Vis Sci, 43 (#4):S

Bachman JA, Gabriel H. A 10 year case report and current clinical review of chronic beta-hemolytic streptococcal keratoconjunctivitis. Optometry 2002;73:303-10.

Chaglasian E. Quick consult to diagnosing and treating ocular disease. J Optom Vis Dev 2002;33:54 (book review).

Lee D. Diagnosis of defective colour vision. J Optom Vis Dev 33:54-55 (book review).

Beckerman SA, Hitzeman S. The ocular and visual characteristics of an athletic population. Optom 2001;72(8):498-507.

Dr. Janice Jurkus had a book chapter published: Rigid Gas-Permeable Contact Lenses: Modifications and Clinical Indications in a new textbook, Specialized Contact Lens Prescribing edited by Terry Scheid.

ICO's TV Show

"Eye have a Question!" is on channel 21 every Thursday from 4:30-4:55PM. The call in number is 312-738-1060. This week Dr. Renee Reeder will be discussing dry eyes. Next week is Dr. Elleen Gable talking about diabetic eye conditions. Dr. Jan Jurkus is the host. Tune in or call in to this live, interactive call in show. It is fun!

CLASSIFIEDS

Third and Fourth Year Students

Dr. Trachimowicz

TA Positions for Ocular Anatomy Lab

I am still in need of some TAs for Ocular Lab on the following mornings:

Tuesdays 9-11am - possibly 1 more TA

Wed. 9-11am - possibly 2 or 3 TAs

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Thurs. 9-11am - possibly 2 or 3 TAs

If interested, please let me know whether by phone (x 7180) or email or a note under my door or in my mailbox.
Thanks.

Patients Needed for Toric Workshop
Attention Students with Astigmatism.
Receive a free years supply of Contact Lenses plus free lunch! Students needed to sit as patients for a Cooper Vision Soft Toric Workshop on Sunday, November 17. Participants must have a minimum of 0.75 diopters vertexed cylinder in one eye. For more information, please contact: Dr. Marsha Malooley at ex. 7283 mmalooley @eyecare.ico.edu or Dr. Renee Reeder at ex. 7297.

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***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Residency Matching Service

A great source of information about residency programs is the Optometry Residency Matching Service (ORMS) web site. (www.optometryresident.org or www.orms.org) The ORMS web site provides you with a comprehensive listing of residency programs and can be viewed according to type of program, affiliated optometry school or location (state). Program contact information for individual program coordinators and each school's residency director is available. Links to web sites for specific programs as well as to the ASCO website can provide you with more detailed information about each program.

The ORMS web site is also the place where you make application to any residency program. Details about the application process are listed. The application fee is $30 and can be paid on line this year. Residency application deadlines are usually February 1. The match date is March 1. Any questions about ORMS or residency programs in general can be directed to Dr. Stephanie Messner, ext. 7015.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

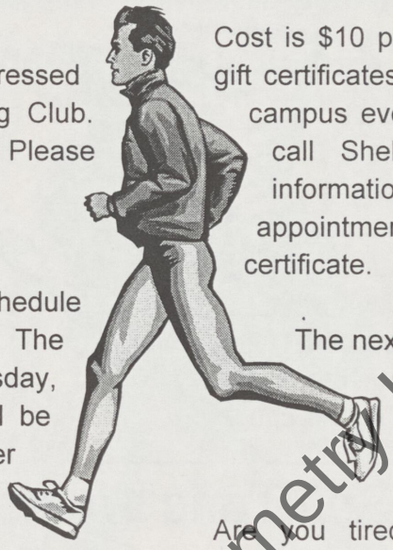
Scholarship	Who's Eligible	Amount	Deadline
2002 Petry-Lomb Scholarship/Research Grant	• NY State Resident • Financial Need • Academic Standard • Return to NY	$2000 or more	October 15th, 2002
The Greek Women's University Club	Female college students, with at least one Greek parent who lives in Chicago area.	Depends on donations. Over $500	October 26th, 2002
Upper Peninsula Optometric Society Memorial Scholarship Trust	• Native of the UP, MI	$500.00	December 1, 2002

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Alcon 2003 Scholarship Award	• 4th year Optometry Studentss • Write a case report that incorporates the use of any Alcon product	$1,000 National scholarship additional $5,000	Feb 1, 2003 to Dr. Colip in the Student Affairs Office
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER



ICO Running Club

Thank you to everyone who expressed an interest in the ICO Running Club. The response was tremendous. Please stay tuned for further updates.

Group Fitness Classes

The new group fitness class schedule will be available on November 5. The classes will begin on Wednesday, November 13. No classes will be held during the weeks of October 28 and November 4. The only exception is Yoga, which will be offered on Friday, November 1. If you have any suggestions for class offerings or class times during the winter quarter, please contact Shelby at X7460.

Massage Therapy

Are you feeling stressed as you prepare for finals? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, October 31 and Thursday, November 7.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202 and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

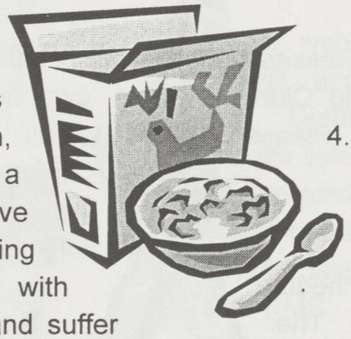
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FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Most of us know we should eat breakfast each morning, but the reality is that it doesn't always happen. If you find yourself skipping your morning meal because of excuses, try cereal -it's fast, it's easy and it's cheap. Cereal is a great option, but be careful when selecting a brand. While some products have sophisticated, healthy-sounding names, they're actually loaded with sugar and hydrogenated fats, and suffer from a lack of fiber and nutrients. Read the label on the side of the box to check on these four factors:



1. The first ingredient should be some form of "whole grain" or "whole oats." Some cereals labeled "whole wheat" are simply flour and sugar.
2. If one serving has more than 12 grams of sugar, it should come from fruit (raisins, apples) or natural sweeteners (fruit-juice concentrate, molasses, barley malt).
3. Check the serving size. A standard cereal bowl holds two cups or more, but some labels list a serving size as a measly half-cup.
4. Take a look at the fiber content and strive for at least four grams per serving. This is a great opportunity to get some of the 25 to 30 grams you need every day.

Hands On Soft Toric Workshop Offered!

CooperVision

Attention **Third and Forth Year Students**! Here is an opportunity to:

- Refresh you skills in FITTING SOFT TORIC CONTACT LENSES, and
- Learn about current lenses offered by Cooper Vision for astigmatic corrections.

Date: Sunday November 17, 2002
Place: IEI
Times: 10:00am – 12:00pm or 1:00pm – 3:30pm
Bonus: Free Lunch

Please contact me if you have any questions

Dr. Marsha Malooley
Phone: 312 949-7283
Email: mmalooley@eyecare.ico.edu

Dr. Renee Reeder
Phone: 312-949-7297
Email: rreeder@eyecare.ico.edu

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FOCAL POINT

ICO Student Newsletter **November 8, 2002**
Editor: Kathy Brownfield x7401

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out November 22nd 2002 and the deadline for submissions is November20th.

C A M P U S N E W S

O.D.'s Interested in Thailand

Any student or practicing O.D. with interests in Thailand are encouraged to contact Dr. Leonard Messner, V.P. for Patient Care Services at Illinois Eye Institute. Dr. Messner recently learned of a developing opportunity to start an optometric clinic in Bangkok and he would like to share the opportunity with those that may be interested.



Please contact Dr. Messner at lmessner@eyecare.ico.edu or 312-949-7108.

Master Calendar – Reminder

The Student Affairs Office maintains a master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (on and off campus) are listed on the calendar. Please contact the Office of Student Affairs (x7401) fourteen days in advance of any activity planned for the College community.

Attention Student Organizations

If your Club or Organization plans to distribute anything via student mailboxes you are asked to please meet with Daisy Varkalis in the Mailroom in advance. The forms that are stuffed in student boxes need to be specific regarding the type of "package" to be received. There are also specific times of the year that we would like to counsel you to avoid due to heavy workloads which might delay your pieces from being distributed.

Thanks for your help!

Bookstore Bits

Beverly Barnes – Bookstore Coordinator

Equipment Distribution for Professional Year One is scheduled for Mon., November 11. Years 2-4, you are scheduled for Tues., November 12. Your orders will be distributed in the Gymnasium from 9:30am thru 8:00pm on both days or until all orders are completed. Go directly to your vendors of choice to pick up your orders and please take time to make sure that all pieces/products are in place prior to leaving the Gymnasium. Please address all equipment questions to vendors at this time.

Woodlyn Ophthalmic Instruments & Equipment informed me that regarding the 2.5x Selsi Telescope the 100+ count needed of persons placing an order was not met and your actual cost will be $47.34 instead of $34.00 – $39.00.

Winter 2002 book requirements for your courses will be purchased on a pre-order basis only. If there are any books that you are

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interested in purchasing from FA2002, please include in your order. Your order will be filled on an individual basis and you will be called in to complete your purchase and pick up your items. It is crucial that we receive your orders as soon as possible to assure ample time for receipt. Books are non-refundable, so please make sure that your order is exactly what you want. Book Order Forms will be available in the Gymnasium on Equipment Distribution days and in the ICO Bookstore.

Our new cash register is due to be up and running by November 11th. (For those with outstanding accounts or "I Owe You/s", you'll be called in the first week of class to settle your account.)

Skiascopy Bar and Horizontal Prism Bar credits beginning FA02-August 12 through the end of August: All students who charged to their student accounts, your account has been credited to reflect the current low price. **Please note**: For those who purchased by personal check or Visa/Mastercard, please bring confirmation of sale and adjustments will be placed on your student accounts as well. Unfortunately, your transactions were not as easily resolved as anticipated. Adjustments will be made promptly after receiving confirmation. Spring 2003 - Skiascopy Bars and Horizontal Prism Bars are subject to price increase, so please purchase now to avoid the extra cost.

For Sale: Loose Prism Bar sets are available for purchase.

Re: MEM Cards/Welch Allyn, we have them available for pick up in the Bookstore for those who were missing them.

New Merchandise is due to arrive in for the Holiday Season...so please continue to stop in!

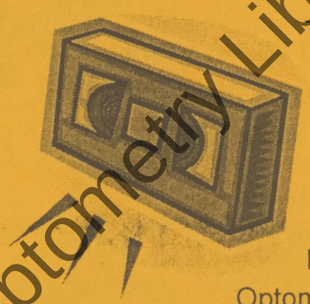
Spotlight on the Library

by Kathryn Johnston, Information Systems Librarian

The Library received some donations on how to improve study habits, so if you would like to upgrade your performance next semester, check out *Ron Fry's How to study* [LB1049.F947 1991], *Manage your time* [LB2395.4.F79 1991], *Take* Notes [LB2395.25.F79 1991] or *Improve your reading* [LB2395.3.F947 1991].

Háblas español? Do you need Spanish for your vision care? The CD-ROM, *Spanish now: for medical professionals* has arrived if you would like to teach yourself conversational phrases needed for a health examination.

Irving Bennett's *Management for the eyecare practitioner* has a new name. The latest edition is now called *Bennett's optometric practice management* [RE960.B4 2002] and the three copies are on reserve in the Library.



The Library added three new videotapes to the collection this month. *Credentialing with credibility: 1951-2001* by National Board of Examiners in Optometry tells the story and mission of the NBEO [VTU 1413]. The library also received two new videos of the MVP video journal of ophthalmology, covering topics such as "Results of CrystaLens implantation in 100 eyes" [VTU 1414] and "Can I be profitable in cataract surgery?" [VTU 1408.]

We also have been purchasing books related to copyright and Internet issues. *Licensing digital content: a practical guide for librarians* by Lesley Ellen Harris [Z653.7.H37 2002], *The librarian's guide to intellectual property in the digital age: copyrights, patents, and trademarks* by Timothy Lee Wherry [Z688.P36 W33 2002], *Copyrights and*

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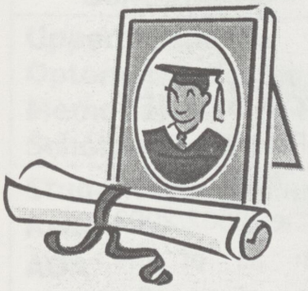
copywrongs: the rise of intellectual property and how it threatens creativity by Siva Vaidhyanathan [Z642.V35 2001], and *Who owns academic work? battling for control of intellectual property* by Corynne McSherry [KF2979|b.M37 2001].

We hope you are enjoying the fall break and we will see you in the Library!

Study Skills Enhancement Session



Want to explore ways to improve how you approach your studies? Whether you are unhappy with how you are performing academically or if you'd simply like to be more efficient…this session is for you. On Tuesday, November 19th from 6:00 - 7:15 pm, in the Welcome Center Conference Room (across from the Bookstore) we will talk about adopting an Active Approach to Learning… this will include time management, "active-engagement" strategies, maximizing your resources, and the importance of maintaining wellness. If you have questions, contact Beth Karmis, Director of Student Counseling and Enrichment Services at ext. 7415.



Attention Third Year Students – Graduation Pictures

Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, December 17 & 18, 2002 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets are posted on the third year bulletin board.

Attention Fourth Year Students

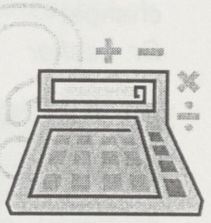
Mark Your Calendars!

Commencement Capstone Program –will take place on Wednesday, May 14, 2003. Commencement rehearsal will also take place on Wednesday, May 14th in Rockefeller Chapel on the University of Chicago campus. Times and details to be announced.

Commencement for the Class of 2003 will be held on Saturday, May 17, 2003 at 1 pm in Rockefeller Chapel.

To All ICO Students: (well really just some of you)

Dr. Lesher



Those of you still looking for holiday present suggestions for your friends and family, I have a good one - **GET A TI-30 series calculator.** I recently proctored several final exams and had an opportunity to wander about the classroom. WHAT ARE YOU PEOPLE THINKING? I have reminded you on several occasions and this is the last time. ICO has the same calculator policy that the NBEO has and it is as follows.

"Only calculators within the TI-30 series will be permitted. Examples of allowable calculators include the TI-30Xa, TI-30X IIS, TI-34 II, and TI-36X. Any calculator within the TI-30 series is permissible."

"Calculators from any other manufacturer other than Texas Instruments (TI) are prohibited, regardless of capability or similarity to theTI-30 series. Also, no other TI calculator (e.g., TI-25X) will be permitted, even if it is less powerful than the TI-30 model."

I could certainly ask the ICO faculty to throw you out of the next exam that you use an unapproved calculator, but that is not my point. You need to learn to use the TI-30 series calculators now, so you will not have

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any unexpected problems when you write the NBEO exams (where they will throw you out if you use an unapproved calculator).

YOU KNOW WHO YOU ARE - LET'S GET WITH IT!! These calculators cost about $10-20, I am sure you can afford it. Do it today!!

LAB ROOM SNAFU

1st and 2nd year students.

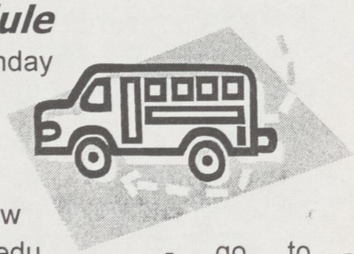
Please note that Ocular Anatomy Lab will be held in Room 3512 for the entire Winter Quarter, while the Color Vision Lab will be held in Room 3518 for the entire Winter Quarter. Somehow these two lab rooms got switched. Thanks for your attention to this change,

Dr. Lesher

Win -No Flu for You Bear

Get your flu shot and get a free raffle ticket to win the ICO teddy bear complete with lab coat and glasses. See Jeanne Dougherty, Institutional Health Officer in room 3534 for more details.

IIT Bus Schedule



Effective Monday October 26th there will be a 2nd bus in the morning. You may view the new schedule at www.iit.edu - go to transportation and click on bus schedule.

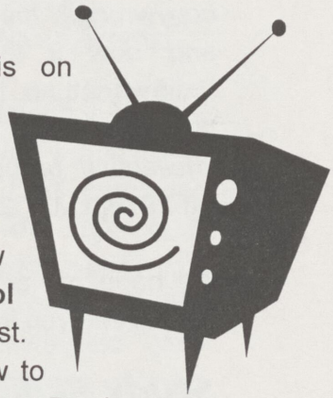
There has been a change in the route for the last bus in the evening run by Public Safety.

All riders must show their IIT ID to ride the bus. If you do not have an IIT ID you need to give a voucher to the driver. Vouchers are obtained at the cashier's office in main building.

For complaints or comments please email shuttlebus@iit.edu.

If the bus does not show for a scheduled pickup please call (773) 734-2345.

ICO's TV Show



"Eye have a Question!" is on channel 21 every Thursday from 4:30-4:55 PM. A different ICO faculty member is the guest each week. On Nov. 14, the new President of ICO, **Dr. Arol Augsburger** will be the guest. He will be talking about how to see better in specific situations. Dr. Jan Jurkus is the host of each show. Tune in or call in to this live, interactive call in show. The call in number is 312-738-1060.

New Workshop Opportunity: Dry Eye and Punctal Occlusion

Do you have dry eye? Interested in trying punctal plugs? Waiting for the price to come down? Well it doesn't get any better than FREE! Do you want to experience diagnosing dry eye and inserting silicone plugs?

When: December 5th

Where: Adams Center and Cornea Center

Schedule: 6:30-7:30 presentation By Dr. Medina with demonstration of techniques 7:30-8:30 wet lab diagnostic techniques for dry eye, punctal gauges and plug insertion

Looking for patients for wet lab and interns to care for them. Contact Dr. Reeder at rreeder@ico.edu or Dr. Malooley at mmalooley@ico.edu

Contact Lens Research Grant

The Contact Lens Research Program is an academic support program that Ocular Sciences is introducing for the 2002/2003 school year. Students from all of the optometry schools will be given the opportunity to submit a research proposal. These proposals will be evaluated by an independent review committee. The research proposals that are selected as being the best in terms of concept, design, applicability, practicality and probability of completion, will be awarded up to a $4,000 grant for that project.

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Students who are interested in applying for this grant should submit their research proposals to Ocular Sciences, c/o Dr. Rick Franz. All proposals should be submitted and received by Ocular Sciences on or before **December 6, 2002**. The independent review committee will select the best proposals that will receive financial support. A total of up to 5 research projects will be funded.

The authors of the selected proposals will be contacted by Friday, December 20, 2002. Please see Dr. Gary Lesher for all the details

CLASSIFIEDS

TAs

Dr. David Lee needs **TA** for Winter Quarter's Color Vision laboratories:
Monday 2-4pm
Tuesday 3-5pm
Thursday 2-4pm
Please call ASAP if you can help (ext. 7174).

Bookstore

The Bookstore is seeking workstudies for the afternoon shift 12 – 5pm, Monday – Friday. Apply at the bookstore.

Patients Needed for Toric Workshop

Attention Students with Astigmatism.
Receive a free years supply of Contact Lenses plus free lunch! Students needed to sit as patients for a Cooper Vision Soft Toric Workshop on Sunday, November 17. Participants must have a minimum of 0.75 diopters vertexed cylinder in one eye. For more information, please contact: Dr. Marsha Malooley at ex. 7283 mmalooley @eyecare.ico.edu or Dr. Renee Reeder at ex. 7297.

RESIDENCIES

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SCHOLARSHIPS

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Scholarship	Who's Eligible	Amount	Deadline
Upper Peninsula Optometric Society Memorial Scholarship Trust	• Native of the UP, MI	$500.00	December 1, 2002
Student Leadership Award AOA	• Third year student member of AOSA • Student Government Involvement • One-page curriculum vita • Brief Statement	$500	Feb 1, 2003 to Student Affairs Office
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

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FITNESS CORNER

Group Fitness Classes
The new group fitness class schedule will begin on Monday, November 18.

Massage Therapy
Do the approaching holidays have you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

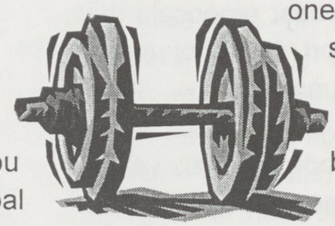
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FREE Personal Training
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FREE Fitness Services
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Eye on Wellness

Weighing the benefits of Whey Protein
Whey protein is a protein source derived from milk. As with any protein, whey helps to build lean tissue in the body. Whey protein is a high-quality protein source that is convenient and economical. Because the body uses it quickly, whey is best consumed as a post-workout source of protein (casein, egg and other sources are better alternatives otherwise). Realize, though, that taking in additional protein over and above your needs won't result in better muscular development. Your body only has use for a limited amount of protein -- any more is simply excreted from your body. Thus, unless you are protein deficient, there is no need to supplement.

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Hands On Soft Toric Workshop Offered!

CooperVision

Attention **Third and Forth Year Students**! Here is an opportunity to:

- Refresh you skills in FITTING SOFT TORIC CONTACT LENSES, and
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FOCAL POINT

ICO Student Newsletter **November 22, 2002**
Editor: Kathy Brownfield x7401

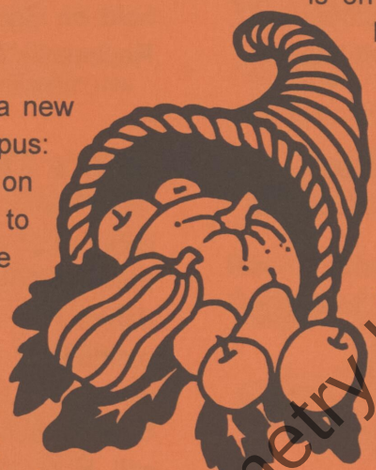
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CAMPUS NEWS

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

The Library's online catalog has a new address from within the campus: http://icolibrary/library.htm. While on campus, there is no need to log in to see the Visioncite articles and there is free access to other databases for articles NOT in the field of optometry, such as business, current events, general science, or history. Over thirty-five full text electronic journals are also available from this internal web site.



The electronic version of the Physicians' Desk Reference is now available from the Library's campus homepage! Click on Full Text Resources and then the link for PDR. If you are on campus, click on the button on the far right of the screen for PDR Electronic Library, and you will be able to obtain information on drugs, herbal medicines, drug and food interactions, and even word definitions from the Stedman's Medical Dictionary.

The off-campus address remains http://library.ico.edu. A user login and pin are needed to see VisionCite articles from outside of ICO. You will not have access to the e-journals when you are off campus.

The Library catalog has a few quirks. If a book is on reserve, the initial search screen lists the book like it is checked out with the message: No copies currently available. Estimated wait undetermined. If you click on the Full Details for the item, the computer will list the book's location as being on reserve—and tell how many copies are available to be checked out. We expect that future upgrades of the library software will make this clearer on the display page.

The Library received a bounty of new books on which you may feast this month. Decision making in health and medicine: integrating evidence and values, edited by M.G. Myriam Hunink [R723.5.D39 2001] and the Oxford publication Medical ethics, edited by Alastair Campbell, Grant Gillett, Gareth Jones [R724 .M2926 2001] may satisfy your hunger for ethics. Grammar and writing skills for the health professional [PE1116.M44 V55 2001] may help season third year papers and scholarly research articles. We also hope to whet your appetite for new books such as Diabetic renal-retinal syndrome: pathogenesis and management update 2002, edited by Eli A. Friedman and Francis A. L'Esperance, Jr. [RC660 A15 D527 2002], Diseases of the orbit: a multidisciplinary approach, Jack Rootman and others [RE711.R6 2002], Classical optics and its applications, by

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Masud Mansuripur [TA1520.M37 2002], and Uveitis update [RE1 .O7 V.15 NO.3 Sep 2002], part of the Ophthalmology Clinics of North America series.

We hope that you have a relaxing holiday, but for those who want to study, any reserve books checked out after noon on Thanksgiving Wednesday, November 27, are not due until Monday, December 2, at 9:00am.

Have a happy Thanksgiving and we hope to see you in the Library!

Academy in San Diego

On Saturday evening December 14th, ICO will host an alumni reception from 6:30pm to 8:00pm. Location: Host hotel Marriott Marina, Torrey #3.

Anyone at the AAO is welcomed to attend and we would appreciate "spreading the word" in San Diego.

For more information contact Dr. Vince Brandys ext. 7079

Vince Brandys, O.D. ('90)
Director of Alumni Relations
312.949.7079

Fellowships Available to Students

The American Association of University Women Educational Foundation is offering different Grants/Fellowships to women and girls. The Selected Professions Fellowship is restricted to women of color, who have been under-represented in the field of medicine. $5,000 to $12,000 is available. To find out more, check out their website at www.aauw.org.

Attention Third Year Students – Graduation Pictures



Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, December 17 & 18, 2002 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets are posted on the third year bulletin board.

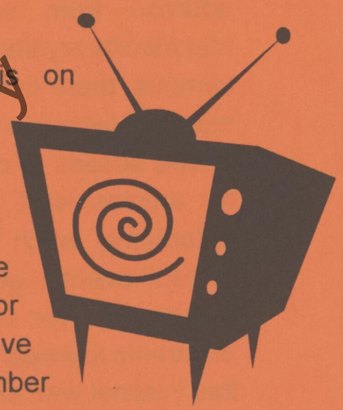
Attention Fourth Year Students

Mark Your Calendars!

Commencement Capstone Program –will take place on Wednesday, May 14, 2003. Commencement rehearsal will also take place on Wednesday, May 14th in Rockefeller Chapel on the University of Chicago campus. Times and details to be announced.

Commencement for the Class of 2003 will be held on Saturday, May 17, 2003 at 1 pm in Rockefeller Chapel.

ICO's TV Show



"Eye have a Question!" is on channel 21 every Thursday from 4:30-4:55 PM. A different ICO faculty member is the guest each week. Dr. Jan Jurkus is the host of each show. Tune in or call in to this live, interactive call in show. The call in number is 312-738-1060.

Master Calendar – Reminder

The Student Affairs Office maintains a master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (on and off campus) are listed on the calendar. Please contact the Office of Student Affairs (x7401) fourteen days in advance of any activity planned for the College community.

RC Residents

Channel 56 on your television supports an ICO channel that has current event reminders. These same reminders appear on the tv screen in the President's Circle Lounge.

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CLASSIFIEDS

Workstudies

Reliable after-hours work-studies needed: Monday, Tuesday and Wednesday 4-7:00, Saturday. 9-1:00. Duties will include scheduling appointments for patients, lite filing, reminders calls. Interested persons should contact Mary Rutherford at 7222.

RESIDENCIES

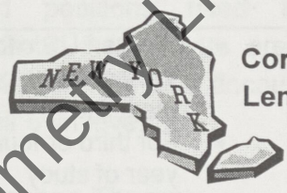
***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Residencies of the Southern California College of Optometry (SCCO)

Pediatric Optometry and Vision Therapy – Eye Care Clinic/Optometric Center of Fullerton, Fullerton, CA, SCCO Campus
Cornea and Contact Lenses – Eye Care Clinic/Optometric Center of Fullerton, Fullerton, CA, SCCO Campus
Ocular Disease/Low Vision Rehabilitation VA Los Angeles Ambulatory Care Clinic, – Los Angeles, CA
Primary Eye Care/Department of Veterans Affairs – West Los Angeles Veterans Affairs Medical Center, West Los Angeles, CA
Ocular Disease – Barnet Dulaney Perkins Eye Center, Phoenix, AZ
Primary Eye Care – Department of Veterans Affairs, Sepulveda Ambulatory Care Center and Nursing Home/VA Greater Los Angeles Health Care System, Sepulveda, CA
Low Vision Rehabilitation – Center for the Partially Sighted, West Los Angeles, CA
Primary Eye Care – Indian Health Service, Northern Navajo Medical Center, Shiprock, AZ
Primary Eye Care – Indian Health Service, Crownpoint Healthcare Facility USPHS Indian Hospital, Crownpoint, New Mexico
Primary Eye Care/Low Vision Rehabilitation – Southern AZ VA Health Care System, Tucson, AZ
Primary Eye Care/Ocular Disease – Hu Hu Kam Memorial Hospital, Sacaton, AZ
Primary Eye Care – Dept of Veterans Affairs, Jerry L. Pettis VA Medical Center, Loma Linda, CA
Primary Eye Care – Indian Health Service, Kayenta Indian Health Center, Kayenta, AZ
Primary Eye Care – Indian Health Service, Gallup Indian Medical Center, Gallup, New Mexico
Primary Eye Care – Indian Health Service, Standing Rock Indian Hospital, Fort Yates, ND
Primary Eye Care – Department of Veterans Affairs, VA Salt Lake Health Care Systems, Salt Lake City, UT

Deadline for application submission is February 10, 2003. Please visit their website at www.scco.edu or call 714-449-7417 for an application.

Residencies Affiliated with SUNY State College of Optometry – 2003-2004



Cornea and Contact Lenses – SUNY, NYC
Family Practice Optometry

- East New York Diagnostic & Treatment Center, Brooklyn, NY
- Segundo Ruiz Belvis Diagnostic & Treatment Center, Bronx, NY
- U.S. Military Academy, West Point, NY

Low Vision Rehab – SUNY, NYC
Ocular Disease – SUNY, NYC
Ocular Disease and Primary Eye Care Optometry – Department of V.A., Harbor Health Care System, NY
Pediatric Optometry
SUNY, NYC
Primary Eye Care

- SUNY, NYC
- V.A. Hudson Valley Health Care Sys, NY

Primary Eye Care/Ocular Disease Optometry-V.A. Hudson Valley Health Care System, NY
Primary Eye Care/Vision Therapy and

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Rehabilitation (Low Vision) – Northport V.A. Medical Center, NY
Vision Therapy and Rehabilitation – SUNY, NYC

To learn more – visit website at www.sunyopt.edu/academics/res.shtml or pick up information at the Student Affairs Office.

AOF names pediatric Optometry Residency Award in Honor of Dr. Terrance Ingraham.
Vistakon provides a $4,000 cash award administered through AOF. AOF's Residency Award Program is intended to promote post-graduate optometric clinical education by supporting residents who demonstrate talent and commitment in the fields of Children's vision and contact lenses. Vistakon initiated the Pediatric Optometry Residency Award in 2000 and 2001 and expanded the following year to include a Contact Lens Residency Award. For an application or for more information on the Optometry Residency Awards and/or AOF and its many programs, contact Lara Fields at 301-984-4734, laraf@aaoptom.org.

S C H O L A R S H I P S

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Upper Peninsula Optometric Society Memorial Scholarship Trust	• Native of the UP, MI	$500.00	December 1, 2002
American Association of University Women Educational Foundation	• Women US citizens • Women of color in medicine • For third or fourth year of study	$5,000-12,000	January 10, 2003 For application: www.aauw.org and click on the Fellowships and Grants, look for Selected Professions Fellowship
Student Leadership Award AOA	• Third year student member of AOSA • Student Government Involvement • One-page curriculum vita • Brief Statement	$1000	Feb 1, 2003 to Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	• Legal residence in the greater Chicago metropolitan area • Jewish students enrolled in a helping profession	$500,000 available funds	March 1st, 2003 Www.jvschicago.org
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office

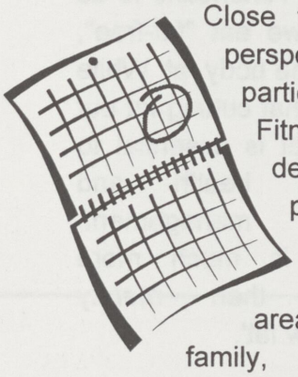
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Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

12 Days of Fitness



Close the year with a new perspective on health by participating in 12 Days of Fitness. This program is designed to help you practice good health habits during the holiday and covers 12 areas-exercise, nutrition, family, safety, career, intellectual, social, emotional, self-care, financial, cultural, and conservation. If you have any questions or want to sign up, contact Shelby Lalich at x7460. 12 Days of Fitness will begin on December 9.

Group Fitness Classes

The new group fitness class schedule is posted on the bulletin board outside the gymnasium. Here is a brief description of the classes offered this quarter.

Cardio Blast- This is a high intensity cardio step class, which also includes a sculpting segment.

Hatha Yoga- Through physical postures, breathing exercises and meditation, this mind, body and spirit class emphasizes concentration and consists of gentle stretching and strengthening exercises.

Yogalaties- This class combines the basic elements of hatha yoga with Pilates matwork. Pilates is the strengthening and lengthening of the core muscles-the back, abdomen, hip flexors, and gluteus maximum.

Muscle Fitness- A basic toning class that starts out with some combined sculpting and step work, and then leads into strengthening work on the bench and floor. Abdominal exercises are included.
Cycle and Sculpt- This class combines short segments of cycling with intervals of strength training.

Step Burner- This is a step workout with additional muscle conditioning.

Power Pacing- A stationary cycling class which uses visual images and motivational coaching to guide participants though a variety of techniques and positions used by professional cyclists. Participants are guided by the instructor but also encouraged to work at their own level.

Massage Therapy

Do the approaching holidays have you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call

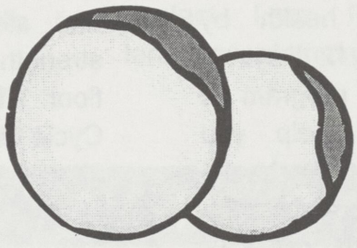
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Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, December 5 and Thursday, December 19.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.



Fat Cells

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine though box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Losing the Fat

A common myth among Americans is as long as we eat "fat-free", we will lose body fat. While it is true that cutting fat out of the diet is essential to long-term health and weight management, nutrition is much more complex than merely eating 'low fat'.

When you ingest refined sugars (sucrose), the pancreas secretes insulin to remove sugar from the blood. Insulin is a hormone that has many responsibilities. One of the effects of insulin is to aid in the storage of fat into fat receptors. When sugar is ingested in large amounts, insulin tends to be over secreted and fat is more likely to be stored into receptors.

Thus, don't be fooled by claims of "no fat". Learn to read a food label and stay away from foods that are loaded with sugar!

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Winter Quarter Fitness Class Schedule

Effective Monday, November 18, 2002

Mondays:

3:30 pm – 4:30 pm
Step Burner
Erica

4:30 pm – 5:30 pm
Yoga
Rebecca

Tuesdays:

10:00 am – 11:00 am
Yogalaties
Thu

7:30 pm – 8:30 pm
Cardio Blast
Erica

Wednesdays:

1:00 pm – 2:00 pm
Muscle Fitness
Shelby

4:00 pm – 5:00 pm
Yoga
Rebecca

Thursdays:

12:00 pm – 1:00 pm
Cycle and Sculpt
Shelby

7:00 pm – 8:00 pm
Step Burner
Erica

Fridays:

1:00 pm – 2:00 pm
Power Cycling
Joel

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WINTER 2002-2003 EXAM SCHEDULE

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM IN ROOM 1200-1203 UNLESS OTHERWISE INDICATED			
DATE	**FIRST YEAR**	**SECOND YEAR**	**THIRD YEAR**
3-Dec T		BHS 254.2 Gen/Ocu Pharmacology **Room 1200-1203**	
4-Dec W	BHS 150.2 Biochemistry **Room 1200-1203**		
5-Dec TH		BHS 263.1 Ocular Disease I **Room 1201-1202**	CLE 376.1 Strab & Amblyopia **Room 1200-1203**
6-Dec F	BHS 120.2 Geo/Theo Optics **Room 1200-1203**		
10-Dec T	BHS 107 Ocular Anatomy **Room 1200-1203**		
11-Dec W		CLE 270.2 OphthalmicOptics III **Room 1200-1203**	
12-Dec TH	BHS 116.2 Human Physiology **Room 1200-1203**		
13-Dec F		BHS 246 Visual Perception **Room 1200-1203**	
16-Dec M	CLE 162.2 Optometry 1.1 **Room 1200-1203**		
17-Dec T		BHS 245 Color Vision **Room 1200-1203**	
18-Dec W	BHS 150.1 Biochemistry **Room 1200-1203**		
19-Dec TH		CLE 262.2 Optometry 2.2 **Room 1201- 1202**	CLE 367 Low Vision **Room 1200-1203**
7-Jan T		BHS 248 Persp on Behavioral Disorders **Room 1200-1203** **TIME TO BE ANNOUNCED**	
8-Jan W	BHS 120.2 Geo/Theo Optics **Room 1200-1203**		
9-Jan TH		BHS 254.2 Gen/Ocu Pharmacology **Room 1201-1202**	BHS 360.2 Clinical Medicine II **Room 1200-1203**
10-Jan F	BHS 116.2 Human Physiology **Room 1200-1203**		
13-Jan M		CLE 270.2 OphthalmicOptics III **Room 1200-1203**	
14-Jan T	BHS 107 Ocular Anatomy **Room 1200-1203**		
15-Jan W		BHS 246 Visual Perception **Room 1201-1202**	CLE 376.1 Strab & Amblyopia **Room 1200-1203**
16-Jan TH	CLE 162.2 Optometry 1.1 **Room 1200-1203**		
17-Jan F		BHS 263.1 Ocular Disease I **Room 1200-1203**	
21-Jan T	BHS 150.2 Biochemistry **Room 1200-1203**		
22-Jan W		CLE 262.2 Optometry 2.2 **Room 1201-1202**	CLE 367 Low Vision **Room 1200-1203**

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WINTER 2002-2003 EXAM SCHEDULE

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM IN ROOM 1200-1203 UNLESS OTHERWISE INDICATED			
DATE	**FIRST YEAR**	**SECOND YEAR**	**THIRD YEAR**
23-Jan TH	BHS 120.2 Geo/Theo Optics **Room 1200-1203**		
24-Jan F		BHS 245 Color Vision **Room 1200-1203**	
27-Jan M	BHS 116.2 Human Physiology **Room 1200-1203**		
28-Jan T		BHS 254.2 Gen/Ocu Pharmacology **Room 1200-1203**	
29-Jan W			BHS 360.2 Clinical Medicine II **Room 1200-1203**
30-Jan TH	BHS 107 Ocular Anatomy **Room 1200-1203**		
31-Jan F		CLE 270.2 OphthalmicOptics III **Room 1200-1203**	
4-Feb T		BHS 248 Persp on Behavioral Disorders **Room 1200-1203**	

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FOCAL POINT

ICO Student Newsletter
Editor: Kathy Brownfield x7401

December 6, 2002

The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out December 19th 2002 and the deadline for submissions is December 16th.

CAMPUS NEWS

From The Mailroom:

Please send your Christmas packages as soon as possible. UPS is trackable and automatically insured.



We CAN NOT insure packages sent via US Postal Service. If it is necessary to ship your package via US Postal Service please use the Post Office at IIT. The Post Office at IIT is an authorized postal facility and they can insure your packages.

Of course, wrapping material is available in the mailroom for your convenience. You are asked to please wrap your own packages for shipping.

If you have any questions concerning shipping please call X7085 or 7087.

National Handwashing Week

Just a reminder to all of us in the health care arena that December 8th to December 14 is *National Handwashing Awareness Week*.

Some reasons to celebrate the event and wash our hands before and after a patient encounter are:

1. It's cheap
2. It is calorie free
3. Cleanliness is next to Godliness
4. It is a good thing!
5. According to Carolyn C. Lopez MD of the American Academy of Family Physicians

"Good handwashing will do more to prevent the spread of illness and respiratory infections than anything else."

And that is a good thing!

Happy holidays and Happy National Handwashing Awareness Week.

Jeanne Dougherty APN CNP

Book Recommendation from Dr. Rothschild

Steve Rothschild, MD

During my time in Student Health Services, I have been impressed with how physically active ICO students are! Regular exercise is a great *lifetime* habit; the Institute of Medicine recommends that everyone get 60 minutes of physical activity every day to reduce the risk of heart disease, cancer, and other illnesses.

Unfortunately, many people expose themselves to sports-related injuries by not preparing themselves before working out. I strongly recommend a book called Stretching by Bob Anderson. This book provides dozens of regimens of stretching, designed for specific exercises and sports. There are also stretches for back pain, sore muscles, and other problems. The book includes easy-to-follow instructions and clear illustrations, and shows you how you can incorporate these

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stretches into your busy everyday schedule.

If you would like to borrow Stretching, we have purchased several copies for Institutional Health Services. Come by and check it out!

Bookstore Bits

New items



New Items for purchase in the ICO Bookstore include:
ICO Flexi-Fit, Baseball Cap $16.99
ICO 2002 Christmas Bear $13.99
ICO Autograph Hound $11.99
ICO Christmas Bear Ornament $2.99



ICO Insignia wear due to come in within the next week are:
Ladies long sleeve, fitted shirts @ $14.99 ea.
Unisex Long Sleeve Crewneck @ 14.99
T-Shirts @ 10.00
LEE Heavyweight Joggers @ 19.99



These items and others that we now offer in the Bookstore are perfect gifts for your friends and family. Please make Christmas purchases early to avoid the rush! Limited quantities.

ICO Holiday Tins

The beautifully custom designed ICO/IEI Tin is due to come in with the next couple of weeks and just in time for Christmas. This custom designed tin comes filled with gourmet popcorn or almond peanut crunch for this holiday season or other special events. The tin will also be sold empty, (without any gourmet food content) so that you can go a little further and fill it with items that you prefer. The ICO Tin can be used throughout the year in many different ways, displaying all year our wonderful campus and undying school spirit.

ICO Travel Bag

Travel being inevitable for many at ICO and IEI, Dr. Brandys placed a request with the ICO Bookstore. Vince challenged us to produce a functional, custom travel bag for faculty, staff and students. The thought of having such a bag sparked interest and was accompanied by an abundance of overall support and suggestions.

The bookstore currently has in production a custom traveling bag with both the ICO emblem and IEI emblem embossed in gold. The ICO/IEI Travel Bag is offered in black only and orders are continuously being accepted. If you are interested please send an email to bbarnes@eyecare.ico.edu.

ICO Equipment Exposition 2002

The Bookstore would like to thank everyone involved in the culmination of this annual event. In an effort to improve each and every year on the Fair and Distribution of Equipment, we would like you to take time to fill out the powdered blue, Commitment to Excellence-Student Affairs Survey, noting your concerns and rating our performance. We do realize that there a few more items that need to be distributed and we are working with our Vendors closely to get this done. Approximately 98% of all students now have their Equipment Expo purchases!

Survey Brochure

Surveys are located outside of the Student Financial Services/Financial Aid office, in the Bookstore and in the Student Affairs office. Please assist us in providing you with the best possible service. Please note that this survey was designed specifically for our ICO population to give you a voice. Please submit your thoughts, compliments or concerns pertaining to areas or offices that you have experienced.

New Snacks!

You asked for them, and we got them! In response to your requests the Bookstore has the following:

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- Slim Fast/Strawberry and Chocolate
- Main St. Cafe/Mocha and French Vanilla Drinks
- Gatorade
- Snickers/Milky Way
- Kellogg Krave Bars

Reminder
All book purchases are **final**. No refunds are issued on book and equipment/lab purchases.

Skiascopy Bars are currently on back order. We will notify you as soon as they come in.

Holiday Hours
The ICO Bookstore will be closed Monday, December 23 through Monday, January 6 for the Holiday Season. Please plan ahead.



School or Not

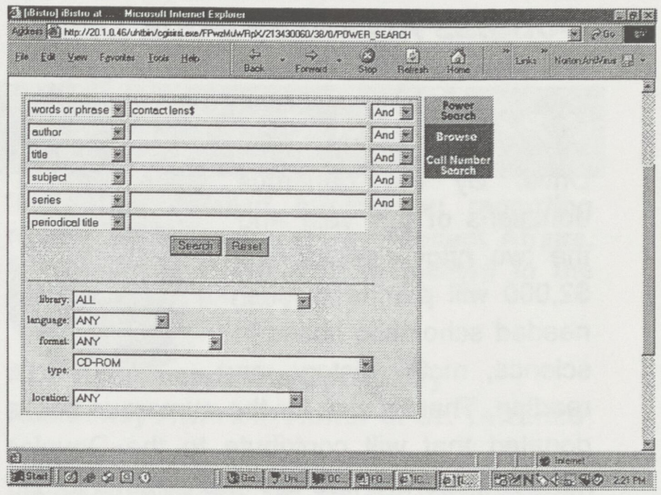
Please call ICO's weather hotline if you are in doubt about school closings due to weather…312-949-SNOW.

Spotlight on the Library

Kathryn Johnston

The Library calls its online catalog, iLink, and it can be accessed from home at http://library.ico.edu or from campus at http://icolibrary/library.htm. It allows users to customize the search so you can specify whether you want a book, an article, a CD-ROM, a video, cassette tape, or other type of material.

To find a CD-ROM or other type of library material, click on PowerSearch. PowerSearch allows much greater specificity in the search. If you scroll down and click on the arrow by type, you can choose to just see CD-ROMs, videos, books, articles, or other formats of library materials. It also is possible to type a word or phrase in the search boxes, to find, for instance, all the CD-ROMs on contact lenses. (To retrieve all the words that begin with certain letters, end with a "$"—thus it will search for "contact lens" AND 'contact lenses."



Please ask one of the Library staff for a lesson, if you need help finding what you need!

Just in time for the holidays, the Library has received its copy of the Consumer Reports 2003 Buying Guide. The Library also gets a monthly subscription of Consumer Reports as well. The most recent copy of Consumer Reports is on the magazine display shelves; the rest are kept at the reserve desk, and like the other magazines and journals, may be checked out for 24 hours at a time.

Digital Camera
A digital camera was donated to the Library for student use. Ask at the media desk if you would like to check it out for a day.

Good luck on boards and exams, and we look forward to seeing you in the Library!

OptiRock Thanks

We would like to thank you for joining us during the OptiRock & blindspot on November 15th. We hope you enjoyed the show and maybe it inspired you to come up with an act for next years' show. OptiRock is a third year class fundraiser and this year our sponsor was ALCON. Please remember to thank the Alcon Representative If you see him on campus because he paid for the beer and most of the pizza. Special thanks to everyone

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who helped with the show.
Class of 2004

Douglas Academy Book Drive



The class of 2006 would like to thank all who donated to the Douglas Academy Book Drive. By the generous donations of this year and the two prior classes over $2,000 will purchase much needed scholastic books in science, math, history, and reading. Thanks also for the numerous books donated that will contribute to the Douglas Academy Library. We are appreciative for Dr. Rebecca Zoltoski in giving us the opportunity to become active participants in helping the community.

12 Bars of Christmas

You think 50 minutes for a test is bad? Try 12 bars in 6 hours! That's right kids, it's that time of the year again! 12 bars of X-mas is heading your way December 14. Five bucks will get you drink specials at all the bars and free entry at our final destination – Club Déjà Vu. So whether you've been naughty or nice, we want to see you in Lincoln Park at 6:00pm December 14th. Wristbands and the official schedule will be on sale all next week. Don't forget to bring your mistletoe!
2nd year class – Rosemary Gonzalez

Haiti Mission Trip Raffle

Don't miss out on a chance to win free sunglasses and other spectacular prizes this December 16th and 20th. Seven FCO Optometry students will be venturing to Haiti in February and need your support. We are also collecting donations of clothing, ocular/oval medications, and new eyeglass frames in a collection box in front of the Library and the President's Circle Lounge.

AOSA National Liaison Positions – 2003-2004

Applications are now being accepted for all National Liaison Positions.

American Academy of Optometry (AAO)
Armed Forces Optometric Society (AFOS)
American Public Health Association (APHA)
American Optometric Association/Political Action Committee (AOA/PAC)
Association of Schools & Colleges of Optometry (ASCO)
College of Optometrists in Vision Development (COVD)
Applications are open to current 2nd and 3rd year optometry students. Please see your AOSA Trustee, Ryan Haiar, box 172 for more information. Application Deadline is February 1, 2003. Appointment will be announced February 15, 2003.

Academy in San Diego

On Saturday evening December 14th, ICO will host an alumni reception from 6:30pm to 8:00pm. Location: Host hotel Marriott Marina, Torrey #3.

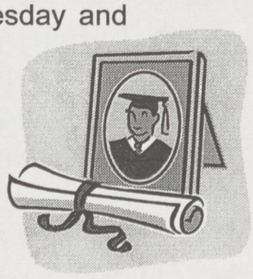
Anyone at the AAO is welcomed to attend and we would appreciate "spreading the word" in San Diego.

For more information contact Dr. Vince Brandys ext. 7079

Vince Brandys, O.D. ('90)
Director of Alumni Relations
312.949.7079

Attention Third Year Students – Graduation Pictures

Please note – for planning purposes (hair cuts, perms, etc.), Paul Studios will take graduation pictures on Tuesday and Wednesday, December 17 & 18, 2002 from 8 a.m. – 4 p.m. in the Gym. Reminders and sign up sheets are posted on the third year bulletin board.



ICO's TV Show



"Eye have a Question!" is on channel 21 every

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Thursday from 4:30-4:55 PM. A different ICO faculty member is the guest each week. Dr. Jan Jurkus is the host of each show. Tune in or call in to this live, interactive call in show. The call in number is 312-738-1060.

RC Residents

Channel 56 on your television supports an ICO channel that has current event reminders in the form of a PowerPoint presentation. These same reminders appear on the tv screen in the President's Circle Lounge.

CLASSIFIEDS

New workshop opportunity: Dry eye and punctal occlusion

Do you have dry eye? Interested in trying punctal plugs? Waiting for the price to come down?

Well it doesn't get any better than FREE!

Do you want experience diagnosing dry eye and inserting silicone plugs?

When: January 31, 2003

Where: Adams Center and Cornea Center

Schedule:

2:30-3:30 presentation By Dr. Medina with demonstration of techniques

3:30-5:00 wet lab diagnostic techniques for dry eye, punctal gauges and plug insertion

Looking for patients for wet lab and interns to care for them

Contact Dr. Reeder at rreeder@ico.edu or Dr. Malooley at mmalooley@ico.edu

Space is very limited.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

AOF names pediatric Optometry Residency Award in Honor of Dr. Terrance Ingraham.

Vistakon provides a $4,000 cash award administered through AOF. AOF's Residency Award Program is intended to promote post-graduate optometric clinical education by supporting residents who demonstrate talent and commitment in the fields of Children's vision and contact lenses. Vistakon initiated the Pediatric Optometry Residency Award in 2000 and 2001 and expanded the following year to include a Contact Lens Residency Award. For an application or for more information on the Optometry Residency Awards and/or AOF and its many programs, contact Lara Fields at 301-984-4734, laraf@aaoptom.org.

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
American Association of University Women Educational Foundation	• Women US citizens • Women of color in medicine • For third or fourth year of study	$5,000-12,000	January 10, 2003 For application: www.aauw.org and click on the Fellowships and Grants, look for Selected Professions Fellowship

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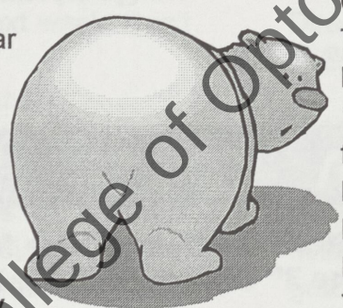
Student Leadership Award AOA	• Third year student member of AOSA • Student Government Involvement • One-page curriculum vita • Brief Statement	$1000	Feb 1, 2003 to Student Affairs Office
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	• Legal residence in the greater Chicago metropolitan area • Jewish students enrolled in a helping profession	$500,000 available funds	March 1st, 2003 Www.jvschicago.org
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office
The Dr. Seymour Galina Grant (AOA)	• 3rd year student • AOSA and AOA member • Paper, less than 1500 words	$2,500	April 21, 2002 – to Student Affairs Office
Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER

Polar Bear Run

The 2003 Polar Bear Run will begin on January 6. Sign ups are due by Friday, December 20. If you have any questions about the program, please contact Shelby at x7460.



Walk Around ICO

Did you know that you could get some exercise by just walking around ICO? Walk around the gym 25 times, and you have completed exactly one mile. Stay tuned for more ICO mileage reports in upcoming issues of the Focal Point.

Gym and Fitness Center Closings

The gym will be closed Monday, December 9 through Thursday, December 12 for the National Board Exams. The fitness center will also be closed Tuesday December 10 through Thursday December 12 from 8:30 am – 5:30 pm for Boards. The gym will also be closed on Tuesday, December 17 and Wednesday, December 18 for class pictures.

No group fitness classes will be held during the gym closings.

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Massage Therapy

Do the approaching holidays have you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, December 19 and Thursday, January 2.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness



Drink Up

Consuming an adequate amount of water is important for your body to function properly. A good rule for determining water intake is to multiply your body weight by .75 and consume that number in ounces of water. For example, a 120-pound woman should consume about 90 ounces of water a day. Contrary to earlier claims, caffeinated beverages such as coffee and soft drinks do count toward your daily intake. However, an 8-ounce cup of java is only worth 4 ounces of fluid. In addition, most fresh fruits and vegetables contain large quantities of water and therefore reduce your overall liquid requirements.

During exercise, water consumption should increase. Consume 8 ounces of water for every 15 minutes of exercise. This will help to prevent dehydration and keep your performance high.

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FOCAL POINT

ICO Student Newsletter
Editor: Kathy Brownfield x7401

December 19, 2002

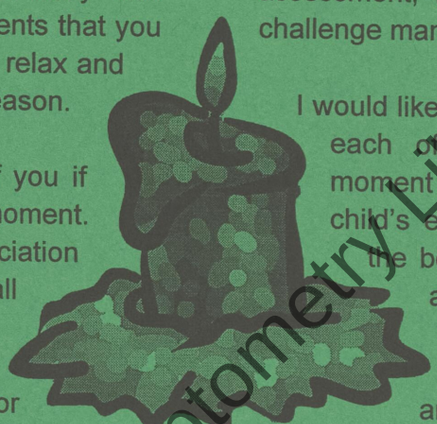
The Focal Point is a publication of the Illinois College of Optometry Department of Student Affairs. The Newsletter is provided as a means to communicate information of importance and interest to students. Newsletter announcement forms are available in the Student Affairs Office on the North Wall. The next Focal Point will come out January 17 2003 and the deadline for submissions is January 15 at 5:00pm.

CAMPUS NEWS

Dr. Colip's Holiday Message

This will be the last newsletter you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that you likely have not had much time to relax and enjoy the beauty of the holiday season.

I would like to brag about all of you if you would indulge me for a moment. Recently the Student Association leadership compiled a listing of all of the major SA events and projects over the past year. The final listing would be impressive for any volunteer community service organization, let alone a group of students enrolled in a demanding academic doctoral program. Several of the events reflected the expected social activities enjoyed by students. What I found most gratifying was that over one-half of the listing was philanthropic and charitable activities. The goal of this program is to assist young people in becoming outstanding doctors of optometry. This is accomplished in a number of ways both in and outside of the classroom. Your individual efforts in philanthropic areas reassures us all that you will become not only outstanding doctors, but outstanding members of your communities as well. I applaud your selfless efforts and assure you that the time and efforts that you donate to your communities is returned many times over in life's blessings.



President Bush has issued a challenge to everyone to reach out and help their neighbors this holiday season. In my assessment, ICO students are meeting this challenge many times over.

I would like to issue my yearly challenge to each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

This is a wonderful season and you should enjoy it's magic.

Best wishes to all for safe travels and happy holidays! See you next year!
Mark Colip, O.D.
Dean for Student Affairs

Spotlight on the Library

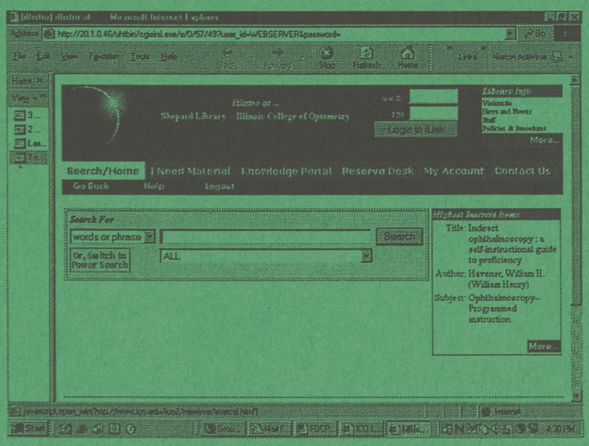
by Kathryn Johnston
Information Systems Librarian

The Library will be open from 8:00-5:00 beginning Friday, December 20. We will be closed on weekends, and open the following weekdays: Monday, December 23, Friday, December 27, Monday, December 30, and Thursday-Friday, January 2-3. The Library will be closed December 21-22, 24-26, 28-29, 31 and Jan 1, 4-5. Normal hours return Monday, January 6.

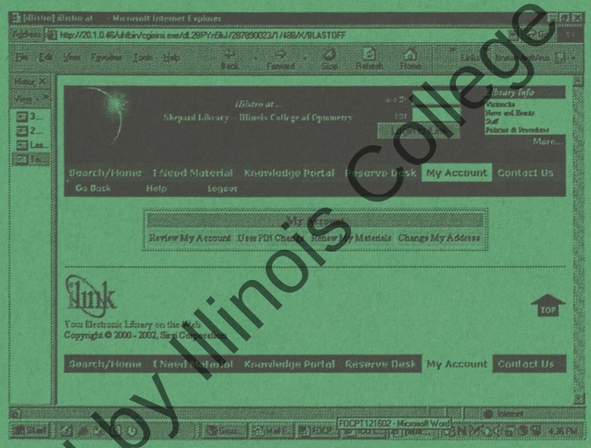
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You can see which library books you have checked out and renew them yourself from the Library website. In order to see your library "account," contact Kathryn Johnston or another librarian. We will give you your user identification and pin so that you can take advantage of this service. Your user id and pin also allows you to search for articles in VisionCite while you are off campus. You also can telephone or email us if you would like us to renew your library materials for you.

1. Go to the library webpage at http://library.ico.edu and then click on iLink to enter the Library catalog.
2. Type your user id and pin in the boxes in the upper right corner of the screen.
3. Click on Login to iLink.



4. Click on My Account on the tool bar to get to the following screen:



5. Click on Review My Account to see what you have checked out, or Renew My Materials, to renew your library books, and other materials. You may have to re-enter your user id and pin in the appropriate boxes.

6. Books and audio cassettes can be renewed for another four weeks. If the system will not let you renew an item, then it is needed by another individual and should be returned to the Library when it is due. Reserve items cannot be renewed using this system.

Please contact a librarian if you need a lesson on the system or would like to get your user identification and pin.

New CD re-writer

The Student Association has purchased and installed a CD re-writer for student use. It has been installed on the Del01 computer in the first floor library computer lounge. This CD re-writer is capable of burning up to 48X and will allow students to burn faculty PowerPoint presentations and copy CD's in less than 3 minutes. Students can use the re-writer with any blank CD formatted for 48X speed. Please be considerate of other students and limit your time on this computer to 10-15 minutes. Hopefully this will eliminate paper waste from unnecessary slide printing and will also allow you to view faculty PowerPoint slides on your home computers. Thank you to Neil Bajaj for installing the CD re-writer.

Bookstore Holiday Hours

The ICO Bookstore will be closed Monday, December 23 through Monday, January 6 for the Holiday Season. Please plan ahead.

School or Not

Please call ICO's weather hotline if you are in doubt about school closings due to weather…312-949-SNOW.



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AOSA National Liaison Positions – 2003-2004

Applications are now being accepted for all National Liaison Positions.
American Academy of Optometry (AAO)
Armed Forces Optometric Society (AFOS)
American Public Health Association (APHA)
American Optometric Association/Political Action Committee (AOA/PAC)
Association of Schools & Colleges of Optometry (ASCO)
College of Optometrists in Vision Development (COVD)
Applications are open to current 2nd and 3rd year optometry students. Please see your AOSA Trustee, Ryan Haiar, box 172 for more information. Application Deadline is February 1, 2003. Appointment will be announced February 15, 2003.

Second Year Students

Office of the Dean of Academic Affairs
Please note that the BHS 248 Perspectives on Behavioral Disorders exam will be held from 1:00 - 3:00 PM NOT AT 8:00 AM on January 7th in Room 1200.

2002 Vistakon Research Grant Winners

The American Optometric Foundation (AOF), in cooperation with VISTAKON, Division of Johnson & Johnson Vision Care, Inc., is pleased to announce the recipients of the 2002 VISTAKON® Research Grants. These two highly competitive grants were awarded to fund basic or clinical research in the area of soft disposable contact lenses. This is the sixth year that VISTAKON® has sponsored these generous grants through AOF.

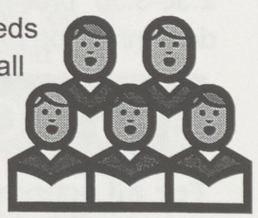
$25,000 Grant
Dr. Patrick M. Ladage
Dr. H. Dwigth Cavanagh
Department of Ophthalmology – University of Texas Southwestern Medical Center
Corneal Epithelial Homeostasis in the Rabbit Following Long-Term Daily and Extended Hydrogel Lens Wear

$10,000 Grant
Dr. M-L Chantal Coles
Dr. Noel A. Brennan
Brennan Consultants, Autralia
Orbscan Measurement of Post-Lens Tear Film Thickness

Chicago Area Schweitzer Fellows Program

Albert Schweitzer left his career as a philosopher and musician to attend medical school, specifically to provide medical care to the needy in Africa. Originally delivering health care out of a chicken coop, he eventually set up hospital in Lambarene, Gabon, and committed himself to an ethical ideal of "reverence for life." In this spirit, 30 health-related students are selected each year to design a community service project in Chicago or Suburbs. 200 hours of service are expected and Fellows receive $2000 both to underscore the seriousness of their work and to ensure that students who are already struggling financially are not discouraged from participating. Interested students should reflect on the unmet health-related needs that currently exist in Chicago and on the ways in which their own energies and talents might contribute, even in small ways, to ameliorating some of these problems. Applications must be received by 5pm on Friday, February 7, 2003. More information can be found in the Student Affairs Office.

You're Invited!



Dr. Dominick Maino (ICO Peds Faculty and a Tenor) invites all to the St. Bartholomew Choir's Christmas Concert. Saturday December 21st at 7:30PM. This concert will be held at St. Bartholomew Church on the northwest side of Chicago (Addison 3600N and Lavergne 5000W). Come and hear many of your Christmas favorites (and Dr. Maino attempt to sing the tenor solo, "Comfort Ye" from Handel's Messiah). Go to www.sbcchoir.homestead.com for more information.

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CLASSIFIEDS

Rigid Gas Permeable Lens Institute
Sunday, Jan 12 9:30-4
All varieties of lens designs
Catered breakfast and lunch
Contact Dr. Reeder rreeder@ico.edu or Dr. Malooley mmalooley@ico.edu

Dedicated workstudies needed:
The Cornea Center for Clinical Excellence
Is looking for student workstudies to assist with:

- Contact Lens Verification
- Comp Lens Orders
- Clinic Reception
- Scheduling, and More…

Please Contact Dr. Reeder at X 7297 or Carol at X 2740
Or email at rreeder@eyeball.ico.edu

New workshop opportunity: Dry eye and punctal occlusion
Do you have dry eye? Interested in trying punctal plugs? Waiting for the price to come down?
Well it doesn't get any better than FREE!
Do you want experience diagnosing dry eye and inserting silicone plugs?
When: January 31, 2003
Where: Adams Center and Cornea Center
Schedule:
2:30-3:30 presentation By Dr. Medina with demonstration of techniques
3:30-5:00 wet lab diagnostic techniques for dry eye, punctal gauges and plug insertion

Looking for patients for wet lab and interns to care for them
Contact Dr. Reeder at rreeder@ico.edu or Dr. Malooley at mmalooley@ico.edu
Space is very limited.

RESIDENCIES

***For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.**

Cornea and Contact Lenses, University of Missouri, St. Louis, Application Deadline Jan 1

Combined Postgraduate Clinical Fellowship and Master of Science Degree in Physiological Optics, University of Missouri, St. Louis, School of Optometry, Two year program

Program in Pediatrics and Binocular Vision, University of Missouri, St. Louis

Doctor of Philosophy or Master of Science Degree in Physiological Optics, University of Missouri, St. Louis, two to four years

SCHOLARSHIPS

For all scholarships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

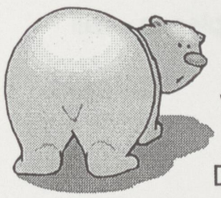
Scholarship	Who's Eligible	Amount	Deadline
American Association of University Women Educational Foundation	• Women US citizens • Women of color in medicine • For third or fourth year of study	$5,000-12,000	January 10, 2003 For application: www.aauw.org and click on the Fellowships and Grants, look for Selected Professions Fellowship

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Chicago Area Schweitzer Fellows Program	• 200 hrs community service	$2000	February 7th 2003
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	• Legal residence in the greater Chicago metropolitan area • Jewish students enrolled in a helping profession	$500,000 available funds	March 1st, 2003 Www.jvschicago.org
Varilux Student Grant Award Program	• Third and Fourth Year students • Case report on Varilux lenses	$500	March 3, 03 - to Student Affairs Office
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Connecticut Association of Optometry Scholarship Fund	• Full time Connecticut resident	$500 – 1500 or more, depends on # of applicants.	June 15, 2003

The Student Affairs Office has more information, so stop by and check it out!

FITNESS CORNER



Polar Bear Run

The 2003 Polar Bear Run will begin on January 6. Sign ups are due by Friday, December 20. If you have any questions about the program, please contact Shelby at x7460. If you are interested in finding a running partner, attend the meeting in the gym at 1:00 on Monday, January 6. If you can't make the meeting and are interested, please contact Shelby.

Walk Around ICO

I decided to follow Beth Karmis on a "typical" Friday afternoon to chart her mileage. Here are the results:

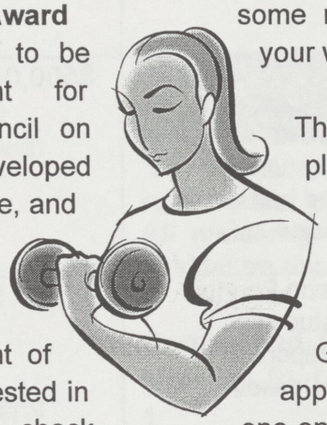
Anthony called Beth to tell her she received a package-.08 miles from Institutional Health to Anthony's desk. After leaving Anthony's desk with her package, which contained her new walking shoes, Beth went to get bottled water by the mailroom--.04 miles. With her water and new shoes, she headed to the fitness class schedule to see what was going on that day-.05 miles. She missed

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the 1:00 Muscle Fitness class, so she headed up to play raquetball-.04 miles. After a vigorous game she decided to hit the locker room for a shower-.04 miles. Beth's total walk was .25 miles. Way to go Beth!

President's Sports and Fitness Award

You can be the next American to be recognized by the president for exercising. The President's Council on Physical Fitness & Sports has developed a way for you to track your exercise, and upon completion receive a personalized certificate of achievement with facsimile signature of the current President of the United States. If you are interested in learning more about this program, check out www.fitness.gov and click on the President's Sports and Fitness Award link.



Massage Therapy

Do the approaching holidays have you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Carol Suriano, a certified massage therapist, provides massage at ICO. Carol's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Seated massage clients remain fully clothed, and no oils are used.

Cost is $10 per 10-minute sessions, and gift certificates are available. Carol is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Thursday, January 2 and Thursday, January 16.

FREE Personal Training

Are you tired of working out without seeing results? Perhaps you want to begin an exercise program, but you don't know where to start. Maybe you want some new ideas to incorporate into your workout.

The ICO Fitness Center is pleased to offer FREE personal training to all students, staff, and faculty members. Your trainers, Ferine Ali, Sima Lal, Joel Getty and Tarndip Gandham are available on an appointment-only basis to provide one-on-one personal training sessions. To schedule an appointment, please contact Ferine through box 302, Sima through box 202, Joel through box 164, and Tarndip through box 161. Make sure you leave your full name, phone number, and a preferred training time(s).

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Reading the Label

With the New Year approaching, many people will resolve to change their eating habits in 2003. However, this is easier said then done. Here are a few tips for reading food labels and changing your diet for the better:

Serving Size- Pay attention to the amount

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listed, and figure out how much you are going to eat. Also look next to the size to see the item's weight. Keep this in mind because some items are denser and you're more likely to eat less. Likewise, you may routinely eat more.

Calories- This section will tell you the amount of energy from carbohydrates, protein and fat. Compare the total amount of calories with the amount of calories from fat. Limit the calories from fat to 1/3 of the calories.

Fat- Although fat may be a bad word in our society, all fats are not created equal. To differentiate the good and bad, the amount of saturated fat (bad) is listed below the total fat. Limit the total fat grams to less than 20 percent of the daily values, and aim for 2 grams or less of saturated fat.

Carbohydrates- With all the hype about carbohydrates lately, the amount of carbs might shock you. Don't be concerned, because the total carbohydrates listed on the label includes complex carbohydrates, simple sugars, as well as fiber. Shoot for more fiber and less sugar. Look for foods containing at least 3 grams of fiber per serving. Limit refined sugars by checking the ingredient list for glucose, dextrose, molasses, brown sugar, high-fructose corn syrup, etc.



Vitamins and Minerals- The last section of the label usually contains the most important, yet most underrepresented section, vitamins and minerals. Americans don't consume enough calcium, iron, vitamin A and vitamin C, which may all assist in preventing diseases. Aim for foods that contain at least 20 percent of the daily value.

Here are some additional label reading tips:

Low-calorie- 40 calories or less per serving

Low-fat- 3 grams or less per serving

Low saturated fat- 1 gram or less per serving

Sugar free- less than 0.5 grams per serving

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ILLINOIS COLLEGE OF OPTOMETRY

SCHEDULE OF FINAL EXAM

WINTER QUARTER, 2002/2003

December 12, 2002

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 8	February 10	February 11	February 12	February 13	February 14	February 15
9:00 – 11:00	BHS 150.2 Biochemistry II	BHS 245 Color Vision	CLE 262.2 Optometry 2.2		BHS 263.1 Ocular Disease	BHS 246 Visual Perception	
1:45 – 3:45	CLE 376.1 Strabismus & Amblyopia	BHS 360.2 Clinical Medicine II	CLE 367.1 Low Vision		BHS 116.1 Human Physiology	BHS 120.2 Geometrical & Theoretical Optics	
2:30 – 4:30							CLE 270.2 Ophthalmic Optics III
4:00 – 6:00	BHS 254.2 Pharmacology	BHS 107 Applied Ocular Anatomy	CLE 162.2 Optometry 1.1		BHS 363.4 Ocular Emergencies		

ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE MONDAY, FEBRUARY 17 AND TUESDAY, FEBRUARY 18.

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